

# RESILIENCY

Resiliency During Crisis: Move It!

“Any day I am too busy to exercise is a day that I am too busy.”



Find 10 minutes to exercise today.

As part of your workday:

1. Take the stairs.
2. Park farther away.
3. Take a brisk walk.

Research has found that physical activity, specifically running, reorganizes the brain so that its response to stress is reduced and anxiety is less likely to interfere with normal brain function.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available | Employee Support Line: (314) 747-7493 – 8:00am-6:30pm Monday – Friday  
Visit the [BJC COVID-19 site](https://www.bjc.org/covid19) for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)