

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 8:00 am - 6:30 pm Monday – Friday
Visit the [BJC COVID-19](https://www.bjc.org/covid19) site for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)