

RESILIENCY

Resiliency During the COVID-19 Crisis: Self Compassion

“Gratitude makes sense of our past, **brings peace for today**, and creates a vision for tomorrow.”

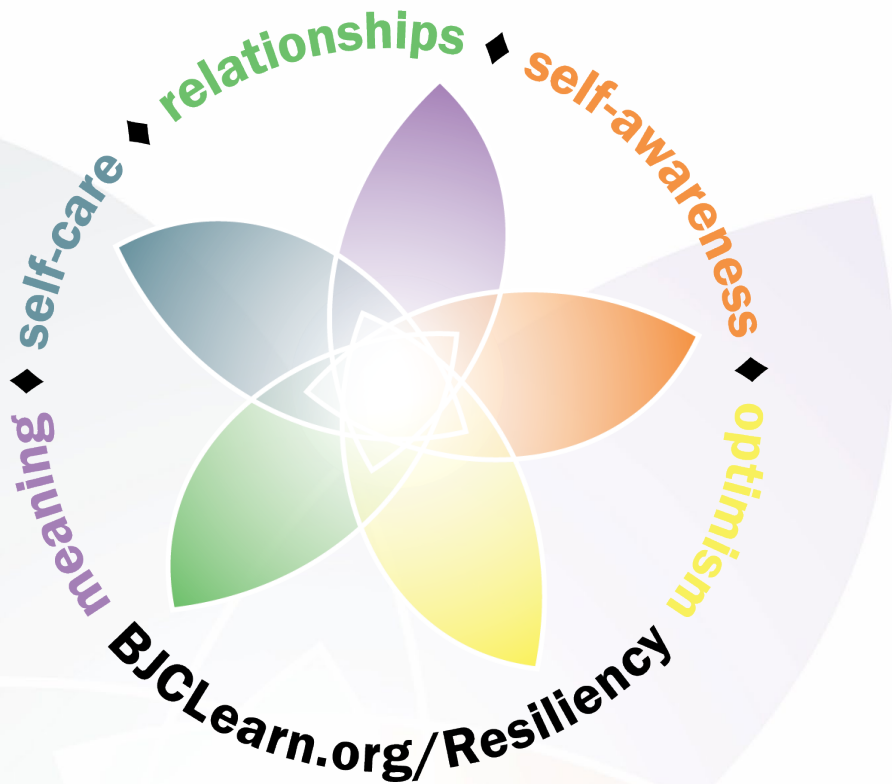
- Melody Beattie

What Are You Grateful For?

1. Think of 3 things you're grateful for in this moment.
2. Why are you grateful for them?
3. Internally express your thanks.

Try this practice when you get up and before you go to bed.

Gratitude can help us become more optimistic, overcome adversity, and strengthen our relationships. It can be a powerful tool to call on to help extend grace, foster kindness, and keep us grounded in positivity.



Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available | Employee Support Line: (314) 747-7493 – 8am-12am 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)