

# RESILIENCY

## Resiliency During the COVID-19 Crisis: Kindness

“What the world needs is a new kind of army –  
the army of the kind.”

- Cleveland Amory

### Random Acts of Kindness!

1. Do one random act of kindness today.

Performing acts of kindness can increase life satisfaction, positive mood, and peer acceptance. It can stimulate the release of serotonin and oxytocin, which increases trust and reduces fear and anxiety.



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](https://www.bjc.org/covid19) site for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)