

RESILIENCY

Resiliency During the COVID-19 Crisis: Finding Joy

“Find a place inside where there is joy,
and **the joy will burn out the pain.**”

- Joseph Cambell

What Brings You Joy? 3-3-3-3

1. Think of 3 things that bring you joy.
2. Share them with 3 people today.
3. Ask them what 3 things brings them joy.
4. Encourage them to share 3 joys with 3 people today.

When we feel overwhelmed by the negative, we also can begin to lose sight of what is important to us. Research shows that discussing positive experiences leads to heightened well-being, increased overall life satisfaction and even more energy.



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