

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