

RESILIENCY

Resiliency During the COVID-19 Crisis: What I Can Control

“When you have control over your thoughts,
you will have control over your life.”

- Unknown

Ways to practice self-awareness and discipline

1. Control the things you can.

- My Positive Attitude
- How I Follow CDC Recommendations
- Limiting my Social Media
- My Own Social Distancing
- My Kindness and Grace
- Turning Off The News
- Finding Fun Things To Do At Home

2. Ignore the things you can't.

- If Others Follow Social Distancing
- The Amount Of Toilet Paper
- The Actions Of Others
- How Long This Will Last
- Other People's Motives
- How Others Will React
- Predicting What Will Happen

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