

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 I 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 I can't.

- If others follow social distancing
- Availability of toilet paper
- 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 8:00 am - 6:30 pm Monday – Friday
Visit the [BJC COVID-19 site](https://covid19.bjc.org) for additional Wellness Resources – covid19.bjc.org