

RESILIENCY

Resiliency In The Moment: A Touch of Nature

“We do not see nature with our eyes, but with our understandings and our hearts.”

Find a moment today to experience the natural world.

1. Consider a green space that you can visit today.
2. Be present and mindful of your surroundings.
3. Consider what are you grateful for in that moment.

Being in a green space has been linked to less anxiety, fewer depression symptoms, and lower stress levels. Don't have time or comfort in nature? Try playing some nature sounds during a break and be mindful about the feelings it creates.



Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available
Visit the [BJC COVID-19 site](https://www.bjc.org/covid19) for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)