

RESILIENCY

Resiliency During Crisis: Building Social Self-Awareness

“Whatever you’re facing today, keep going. Keep moving. Keep hoping. Keep pressing on. There’s victory on the other side.”

-- Mandy Hale

Have you been feeling empty lately?
Perhaps that feeling you’re experiencing
is grief.

1. Acknowledge your pain and seek support from people who care about you.
2. Consider reaching out to the Employee Assistance Program (EAP) – 314.747.7490.

Grief comes in many different forms, some temporary, some life altering. Understanding the stages of grief will help (Denial, Anger, Bargaining, Sadness, Acceptance). Rather than suppressing your emotions, share those emotions with someone close to you. Denying your feelings will only delay the grieving process.



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