

RESILIENCY

Resiliency During Crisis: Find A Reason To Smile

“Smile, breathe, and go slowly.”

-- Thich Nhat Hanh

Take a moment today to be mindfully happy.

1. Think about the last time you had a good laugh and how it made you feel.
2. Share your story with a co-worker
3. Ask for their story.

A good sense of humor can't cure everything, but data shows laughter can have a positive effect.

Short term benefits: increased endorphin release, lowered stress response, and increased circulation.

Long term benefits: improved immune system, lowered pain levels, and improved mood.



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