

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