

# RESILIENCY

## Resiliency During Crisis: Appreciation Text

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

– Leo Buscaglia.

### Take a moment to appreciate those closest to your heart.

1. Think of someone who has supported you throughout the past 6 months.
2. What has that person done that you truly appreciate?
3. Pull out your phone! Send a text of appreciation to that person. Only rule – don't mention this flier as your motivation.

Consider how quickly you have adapted over the past few months. It's truly amazing, and you didn't do it alone. Be it at home or at work, it's the people around you who lift you up. So there's no better time than right now to show your appreciation.

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](https://covid19.bjc.org)