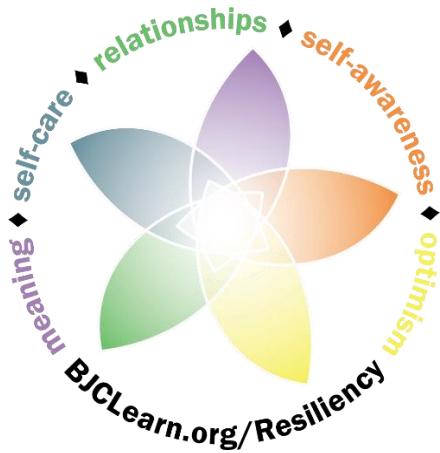


RESILIENCY

Resiliency During Crisis: Self Compassion



“We cannot change what we are not aware of, and once we are aware, we cannot help but change.”

– Sheryl Sandberg

When you are feeling completely overwhelmed with a thought, feeling, or sensation, take a 5-minute compassion break.

1. Question what you are thinking. There is nothing in the world that can trouble you more than your own thoughts.
2. Ask yourself, “What do I need most right now? Lunch? Sleep? A walk outside? Help?” Be kind to yourself by making sure you get it.

Having compassion for yourself is no different than having compassion for others. Think about what compassion for others feels like and extend it to yourself. Rather than ignoring those feelings within yourself, take a moment to care for yourself. In this way you can better take care of patients, fellow caretakers, and our community.

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