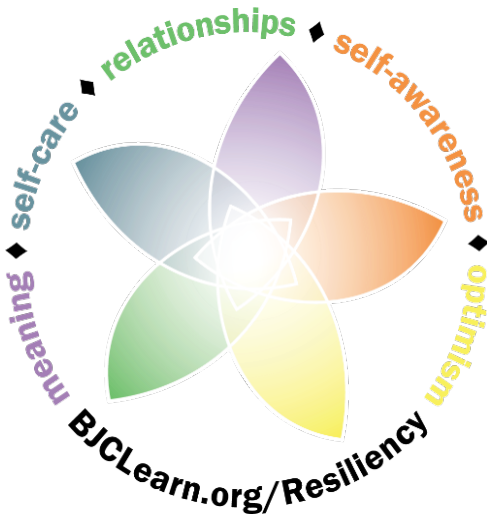


RESILIENCY

Resiliency During Crisis: Forgiveness



“Forgiveness is just another word for freedom.”

– Mary-Frances Winters

When others make mistakes, work on being quick to forgive, not quick to judge.

1. Believe in the goodness of all people.
2. Assume positive intent.
3. When you find yourself being judgmental, remember that you don't know the whole story. Free yourself to forgive, let go and move on.

As a crisis unfolds, it is often easier to extend good will, patience and forgiveness to others. As the fifth month of the COVID-19 crisis nears, we are all likely more tired, irritable and frustrated than at any other time in our lives. It's more important than ever to remember these three ways to remain positive and strong.

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