

# RESILIENCY

## Resiliency During Crisis: Boosting Morale

“You are a hero. Be heroic. Always.”

– Vineet Raj Kapoor

**Leave every situation better than you found it.**

Below are four small things you can do to boost your morale as well as those around you.

1. Smile during a meeting.
2. Compliment someone.
3. Listen with intent.
4. Respond to others with sincerity.

Finding opportunities to spread positivity doesn't only help your sense of purpose, but also creates a healthy work environment. Actively seeking ways to improve morale affords you the opportunity to focus on the positive. Take time today to be present and choose to do something that improves the environment and gives meaning to your work.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available  
Visit the [BJC COVID-19 site](https://www.bjc.org/covid19) for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)

