

RESILIENCY

Resiliency In The Moment: Be Present

“Use your presence to connect with and be open to what will occur between you and others.”

- Abraham Lincoln

Center yourself to connect with others

1. Stop.
2. Take an intentional pause.
3. Ask yourself:
 - Is there anything getting in my way of connecting with others now?
 - Should I take a minute to connect with myself first?
 - What can I do to be fully present?

We move so fast at work that frequently we do not stop and reflect on what is going on with ourselves. While we may wish someone will take a moment to connect with us, take a moment to connect with yourself.



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://www.covid19.bjc.org)