

# RESILIENCY

## Resiliency In The Moment: A Touch of Nature

“We do not see nature with our eyes,  
but with our understandings and our hearts.”

Find a moment today to experience the natural world.

1. Consider a green space that you can visit today.
2. Be present and mindful of your surroundings.
3. Consider what are you grateful for in that moment.

Being in a green space has been linked to less anxiety, fewer depression symptoms, and lower stress levels. Don't have time or comfort in nature? Try playing some nature sounds during a break and be mindful about the feelings it creates.

Visit [thrivebybjc.org](https://thrivebybjc.org) for your employee well-being resources at BJC  
Need more help? Employee assistance is available at [bjceap.com](https://bjceap.com) or (314) 747-7490

