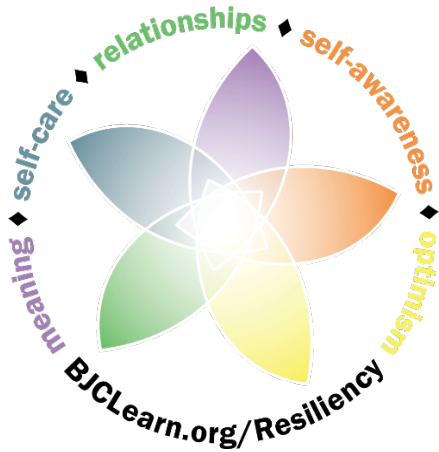


RESILIENCY

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.

Visit thrivebybjc.org for your employee well-being resources at BJC

Need more help? Employee assistance is available at bjceap.com or (314) 747-7490