

# RESILIENCY

## Resiliency In The Moment: Crying as Therapy



“People cry, not because they are weak. It’s because they have been strong for too long.”

– Johnny Depp

## Is crying taboo for you? It shouldn't be.

1. Let go and give yourself permission to cry.
2. Be sure to be with someone you trust and who is supportive. Or be alone if that is more comfortable.
3. If you are having difficulty, indulge in watching a sad movie or a really funny one so you laugh until you cry.
4. Next time you feel the need to cry, don't apologize for it.

Tears are our body's release valve for stress, fear, anger, frustration –and also for joy, laughter, and love. They have special health benefits -- releasing stress hormones and acting as a natural pain reliever. Flowing tears can purify stress and negativity.

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