

RESILIENCY

Resiliency In The Moment: Easing Anxiety

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

– Socrates

Calming your anxiety in times of stress

1. Focus on what you can control.

- Write down your worries and list possible solutions. Make a plan!

2. Stay connected.

- Reach out to friends and family who make you feel safe, even if you don't feel like it.

3. Take care of your body and spirit.

- Take time for activities you enjoy and make it a routine. This could be getting outside, exercising, or starting a relaxation practice.

4. Stay informed, but don't dwell.

- Limit how often you check for updates and stay away from negative information if you start to feel anxious.

5. Help others.

- Making a difference can help us feel better, even if it is unrelated to what's causing stress.

For many, uncertainty is hard to handle. By bringing ourselves back to a place where we feel safe and in control, we can begin to manage what is giving us anxiety.



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