

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.

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