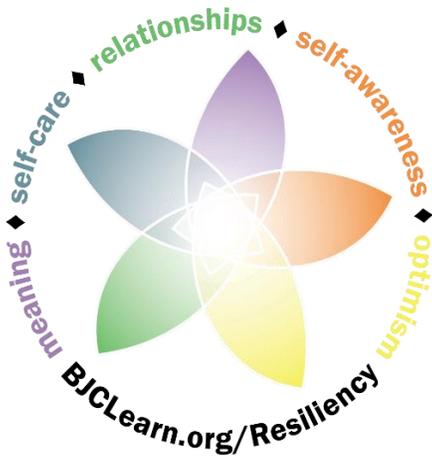


RESILIENCY

Resiliency In The Moment: Finding Awe In the Normal



“Finding beauty in the ordinary, and you'll find joy in unexpected places.”

Beautiful things are happening everyday.

1. Pause to intentionally look for beauty
 - Seek the small amazing things that surround you from nature to our shared humanity.
2. Stay present with the beauty
 - Take more than a few moments to notice the richness of the beauty.
 - Take a picture when appropriate.
3. Share your experience
 - Share it with a friend.
 - Write about it.



Video

Adapted from Greater Good Science Center

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