

RESILIENCY

Resiliency In The Moment: Finding Calm



“Your calm mind is the ultimate weapon against your challenges.”

- Bryant McGill

Adopt a calm state of mind.

1. Focused slow breathing.
2. Practicing self compassion.
3. Performing a small act of kindness.

Adopting a calm state of mind isn't continuously avoiding stress. Sometimes it involves confronting the stress. The avenues you can take to achieve a calm mind are infinite. Listed above are just three things you can try right now. The truth is you know yourself better than anyone else. Commit to trying whatever came to mind for you today.

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