

RESILIENCY

Resiliency In The Moment : Finding Joy

“Find a place inside where there is joy,
and **the joy will burn out the pain.**”

- Joseph Cambell

What Brings You Joy? Think in 3s

1. Think of 3 things that bring you joy.
2. Share them with 3 people today.
3. Ask them what 3 things brings them joy.
4. Encourage them to share 3 joys with 3 people today.

When we feel overwhelmed by the negative, we also can begin to lose sight of what is important to us. Research shows that discussing positive experiences leads to heightened well-being, increased overall life satisfaction and even more energy.



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