

RESILIENCY

Resiliency In The Moment: Kindness

“What the world needs is a new kind of army –
the army of the kind.”

- Cleveland Amory

Random Acts of Kindness!

1. Do one random act of kindness today.

Performing acts of kindness can increase life satisfaction, positive mood, and peer acceptance. It can stimulate the release of serotonin and oxytocin, which increases trust and reduces fear and anxiety.



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