

RESILIENCY

Resiliency In The Moment: Move It!

“Any day I am too busy to exercise is a day that I am too busy.”



Find 10 minutes to exercise today.

As part of your workday:

1. Take the stairs.
2. Park farther away.
3. Take a brisk walk.

Research has found that physical activity, specifically running, reorganizes the brain so that its response to stress is reduced and anxiety is less likely to interfere with normal brain function.

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