

RESILIENCY

Resiliency In the Moment: Stop the Doomscroll

“One small positive thought in the morning
can change your whole day.” – Dalai Lama

Are you stuck in a *Doomscroll*? Stop!

1. Begin and end your day reflecting on people, places, and things for which you are grateful.
2. Check social media at a specific time and place in order to limit your negative media consumption.
3. Swap harmful habits of doomscrolling with productive ones around mind, body, and spirit.
4. Take a break from social media.

Doomscrolling is continuing to surf or scroll through bad news, even though that news is saddening, disheartening, or depressing. For many this leads to helplessness and anxiety. Break the habit with intention.

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

