

# Resiliency Butterfly Effect



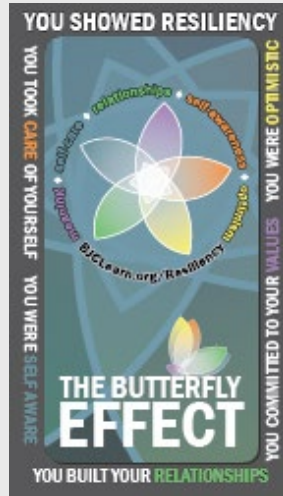
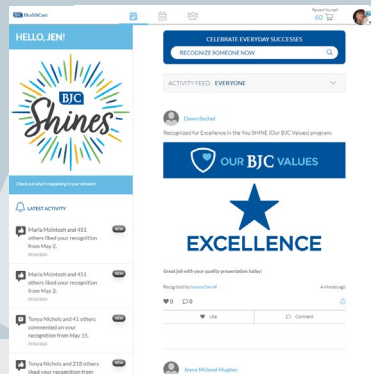
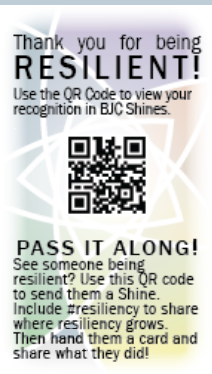
Resiliency is the ability to adapt and thrive in the face of adversity. The Butterfly Effect Project promotes acts of resiliency throughout BJC.

## When you receive a card:














### Step 1:

#### View Your BJC Shines!

If you were given a Butterfly Effect card, scan the QR code or visit [bjcshines.org](http://bjcshines.org) to see your recognition.



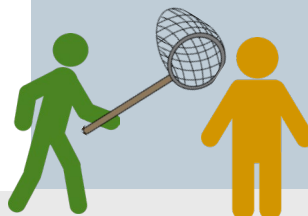
## Examples of resilient behaviors

-  Taking care of one's physical health – eating healthy, exercising, etc.
-  Focusing on the positive aspects of a difficult or challenging situation
-  Looking for solutions to problems (rather than just complaining)
-  Bringing humor to the workplace
-  Asking for help when needed
-  Seeking feedback from others
-  Taking appropriate breaks and/or encouraging others to take appropriate breaks
-  Planning or participating in activities that build relationships at work
-  Giving positive feedback to others
-  Not being afraid to admit being wrong
-  Viewing situations realistically instead of being guided by fear or strong emotions
-  Confronting rather than ignoring problems
-  Focusing on others' strengths

### Step 2:

#### Pass it on!

When you see a team member being resilient, give them a BJC Shine by scanning the QR code or visiting [bjcshines.org](http://bjcshines.org) - use #resiliency in your comment.



**For more information: [resiliency.bjclearn.org](http://resiliency.bjclearn.org)**