

RESILIENCY

Resiliency In The Moment: BJC Core Values and Resiliency

Our promise to “be our best” will help us deliver on all our values and promises.

Being Resilient by Living Our BJC Core Values

Below are five small things you can do to boost your resilience and practice our shared values.

- **Compassion** – Take a moment to take care of yourself.
- **Respect** – Share your appreciation for a fellow caregiver.
- **Excellence** – Stay intentionally focused on why you chose healthcare and living your why.
- **Safety** – Remain physically distanced when possible and wear your mask appropriately.
- **Teamwork** – Take a moment to emotionally check in with a fellow caregiver.

Finding meaning in what you do leads to greater life satisfaction. Aligning your values with BJC helps connect why we do what we do.

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

