

RESILIENCY

Resiliency In The Moment: Check Your Personal Meter

“Check yo self
before you wreck yo self.”

- Ice Cube



What do you need in this moment?

1. Stop.
2. On a scale of 1-10, how are you feeling right now?
3. What do you need to increase your meter?

To take care of others, we need to take care of our own needs first. This can be difficult when things get busy, so create checkpoints throughout your day to check on yourself.

You can also use the resiliency flower to check on how you're doing: Am I living into my values? Am I taking care of myself?

Do I need to talk to someone? Am I being honest with myself?

Am I focusing on the positive?

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