

# RESILIENCY

## Resiliency In The Moment: Connect with Others



“Connection: the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.”

- Brene Brown

## Connect with Others

1. Make eye contact with others you encounter today.
2. Smile warmly to create “the connection.”
3. Did the other person “catch” your smile?
4. How does their reaction make you feel?

We gain as much if not more than the people we connect with because it reinforces our sense of purpose.

If you are in a Teams meeting, do the following:

- Face the camera to make eye contact.
- Lean toward the camera.
- Extend a warm smile to your team member, the patient, family member, or coworker.

Visit [thrivebybjc.org](https://thrivebybjc.org) for your employee well-being resources at BJC

**Need more help?** Employee assistance is available at [bjceap.com](https://bjceap.com) or (314) 747-7490