

# RESILIENCY

## Resiliency In The Moment: Seven Days of Kindness



“Do things for people not because of who they are or what they do in return, but because of who you are.”

-Harold S. Kushner

## Live our BJC value of Kindness by participating in Seven Days of Kindness

**Day 1: LOVE** Express your love today. Write a note, reach out, or reconnect.

**Day 2: DISCOVER** Expand your horizons. Learn about someone or something new.

**Day 3: OTHERS** Demonstrate an act of kindness to help someone in need.

**Day 4: CONNECT** In person, virtually, or over the phone, connect with others.

**Day 5: YOU** Do something good for you. Make time to do what makes you happy.

**Day 6: GO** Get outdoors, breathe fresh air, and enjoy some movement.

**Day 7: ONWARD** Make a plan to increase acts of kindness throughout the year.



Scan this QR code to learn more about how you can participate and spread our BJC value of Kindness this week.

Check out [thrivebybjc.org](https://thrivebybjc.org) for more well-being resources.

Need more help? Visit [guidanceresources.com](https://guidanceresources.com) (Web ID: BJC) or call 855-544-9600 (TRS: Dial 711)