

# RESILIENCY

## Resiliency In The Moment: Talk it Out



“Your chemistry  
is not your character.”

- Rick Warren

## It's OK to Talk About Mental Health

1. Check-in with your team members.
  - Let them know they don't have to share if they don't want to.
  - It's helpful to use a scale of 1 - 10 where a 1 means I'm overwhelmed and 10 means I'm energized.
2. Acknowledge the stigma associated with mental illness.
  - Lessen the burden by sharing that 1 in 4 people will experience a mental illness at least once in their lifetime. It is not uncommon.
3. Recognize you don't have to “fix” things.
  - If their score is low, invite them to use the resources at the bottom of this page.

An invitation to share demonstrates compassion. We often worry that bringing up mental health at work could cross personal boundaries, but not talking about it can have numerous negative consequences. If one person experiences mental illness, those around them feel its impact. It's most important that your team members know it's ok to talk, and there is someone to talk to – even if it's not you.

Need more help? EAP – (314) 747-7490 24-hour, virtual hotline available  
Visit the [BJC COVID-19 site](https://covid19.bjc.org) for additional Wellness Resources – [covid19.bjc.org](https://covid19.bjc.org)