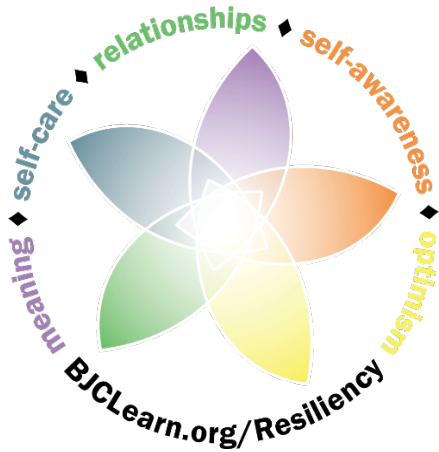


# RESILIENCY

## Resiliency During Crisis: Embracing Failure



“Fail early, fail often,  
but always fail  
forward.”

- John C. Maxwell

## Adopt a new perspective about failure.

1. Acknowledge the failure.
2. Determine main causes.
3. Change what you can.
4. Evaluate if the changes made a difference.

Failure is difficult. So much so that we avoid challenging experiences. Experiencing failure can strengthen us by learning from our successes and weaknesses. This learning makes us more resilient. Rather than avoid failure, find small, manageable ways to challenge yourself. Whether you succeed or fail, you will gain knowledge, insight, and resilience.

**Need more help?** EAP – (314) 747-7490 24-hour, virtual hotline available  
Employee Support Line – (314) 747-7493 8:00 am - 6:30 pm Monday – Friday  
Visit the [BJC COVID-19 site](https://covid19.bjc.org) for additional Wellness Resources – [covid19.bjc.org](https://covid19.bjc.org)