

# RESILIENCY

## Resiliency During the COVID-19 Crisis: Appreciation

“Appreciation can make a day, even change a life.  
Your willingness to put it into words is all that is necessary.”

- Margaret Cousins

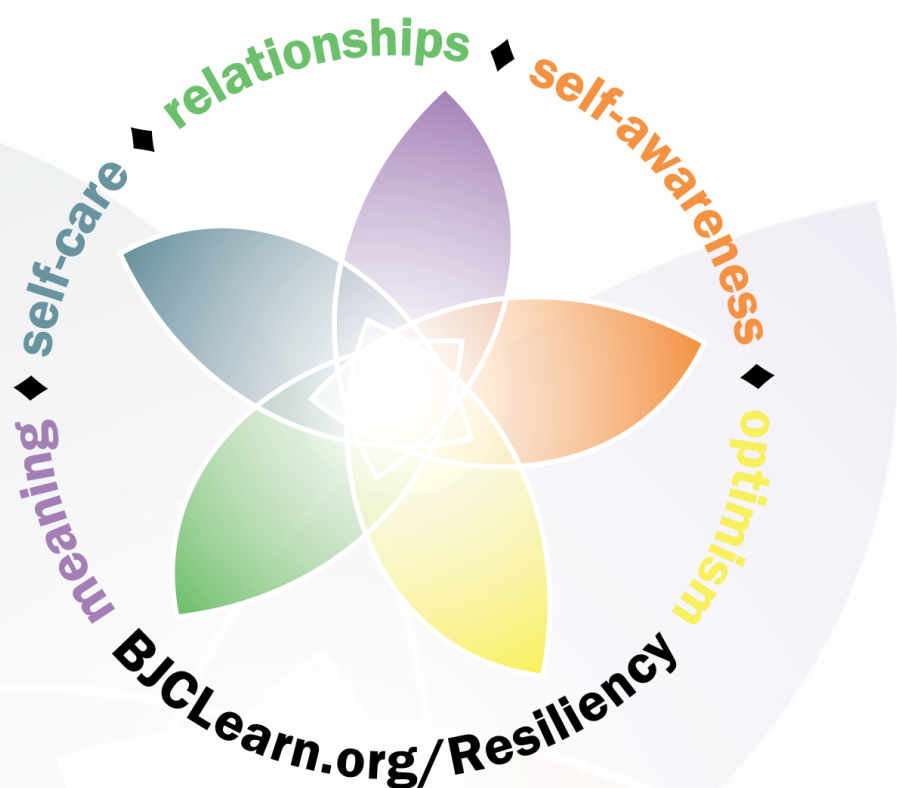
## I Appreciate You!

Choose 3 people today:

1. Name the strength each person expresses.
2. Why is that a strength for that person?
3. Express your appreciation!

Appreciating each other's strengths is not just a sign of respect but serves as the foundation of collaboration and partnerships in a team. The more specific you can be about what you value and the more you notice what's most meaningful to that person, the more positive your impact on that person, and yourself, is likely to be.

**Bonus:** Use iAppreciate! [bjciappreciate.org](http://bjciappreciate.org)



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