

RESILIENCY

Resiliency During the COVID-19 Crisis: Moving Forward

“She stood in the storm.
And when the wind did not blow her away, **she adjusted her sails.**”

- Elizabeth Edwards

Adjusting your goals to new circumstances.

1. Set a new goal that is important to you and motivates you.
2. Think about how this goal is SMART
(Specific, Measurable, Attainable, Relevant, Time Bound).
3. Create a plan to achieve your goal and write it down.

It's not always easy to change your goals when facing significant life changes. Re-evaluating goals allows for longer-term vision with short-term successes. Following these steps will help you organize your time and resources so you can make the most of your new reality.



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 for additional Wellness Resources](https://covid19.bjc.org) – covid19.bjc.org