

# 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 8:00 am - 6:30 pm Monday – Friday  
Visit the [BJC COVID-19](https://www.bjc.org/covid19) site for additional [Wellness Resources](https://www.bjc.org/covid19) – [covid19.bjc.org](https://www.bjc.org/covid19)