

RESILIENCY

Resiliency During Crisis: Building Social Self-Awareness

“I can’t deny my privilege – but I can stand up, step forward, and call out these injustices. And I can use the unearned privilege of birth for the benefit of all. If you cannot, then step aside, sit down, and get out of the way.”

- Rich Liekweg, BJC CEO

Privilege comes in many forms but is defined as a special right, advantage, or immunity granted or available to a particular person or group. We all have privileges -- some earned, some not. The disparities in privilege are more evident in recent weeks. With privilege comes great responsibility. How will you use your privilege for the betterment of others?

Activity

1. Recognize a privilege you have in this moment.
2. How will you use this privilege to foster compassion and respect for your fellow team members?

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