

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