

# RESILIENCY

## Resiliency During Crisis: What I Can Control

“My humanity is bound up in yours, for we can only be human together.”

- Desmond Tutu

When you find yourself making assumptions or judgements, pull back your awareness and remember that all of us want the same things – safety, respect, happiness, health, comfort, joy, peace and contentment. Unfortunately, the ease of achieving those states are not equal. Many of us live in a world where equality is not a reality. See if you can open your heart and mind to accept that we are all bound together by our humanity.

### Activity

Engage in a conversation with someone different than you and ask about their experience around equality. Consider what you can do to help.

If you feel awkward about the conversation remember that we all yearn for the same basic things that make us human – safety, respect, health, comfort, joy, peace and contentment.

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)