

# RESILIENCY

## Resiliency During Crisis: Being Vulnerable

“Vulnerability is not a weakness. It is a superpower.”

– Brene Brown

### Challenge yourself to become more vulnerable.

1. Give yourself a pep talk in front of a mirror.
2. Do something positive you have never done before.
3. Share how much you love and appreciate the people in your life.

Vulnerability is about taking risks, loosening control, and being creative. It requires courage and pushes us to the edge of our comfort zone. It prevents us from having to say, “what if,” and is the birthplace of love and true joy.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available  
Visit the BJC COVID-19 site for additional Wellness Resources – [covid19.bjc.org](https://www.covid19.bjc.org)