

# RESILIENCY

## Resiliency In The Moment: What's Your Favorite Childhood Story?

“It is in community that our stories are held up to the light of connection and we begin to see clearly how we are having a shared experience of being human with other humans...”

- Sonya Renee Taylor

### Share Your Story

1. Create space this week to have a conversation with someone not on your team.
2. In your conversation share, "The title of my favorite childhood story is \_\_\_\_\_ and in one sentence here's why: \_\_\_\_\_. What is yours?"
3. Share an insight from the similarities and differences you see in your stories.

Folktales, storybooks, legends – stories from our childhood give insight into our personalities and our diverse backgrounds. Learning more about each other provides a sense of belonging by celebrating both our similarities and differences.

See this activity as a leader-led group activity: [resiliency.bjclearn.org/leader.html](https://resiliency.bjclearn.org/leader.html)

View Diversity Week Events: [www.BJC.org/DiversityWeek](https://www.BJC.org/DiversityWeek)

View additional ways to THRIVE: [thrivebybjc.org](https://thrivebybjc.org)



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://covid19.bjc.org)