

# RESILIENCY

## Resiliency During Crisis: BJC Core Values and Resiliency

Our promise to “be our best” will help us deliver on all our values and promises.

### Being Resilient by Living Our BJC Core Values

Below are five small things you can do to boost your resilience and practice our shared values.

- **Compassion** – Take a moment to take care of yourself.
- **Respect** – Share your appreciation for a fellow caregiver.
- **Excellence** – Stay intentionally focused on why you chose healthcare and living your why.
- **Safety** – Remain physically distanced when possible and wear your mask appropriately.
- **Teamwork** – Take a moment to emotionally check in with a fellow caregiver.

Finding meaning in what you do leads to greater life satisfaction. Aligning your values with BJC helps connect why we do what we do.

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

