

# RESILIENCY

## Resiliency During Crisis: Growing Through Trauma



“Scar tissue is stronger than regular tissue.”

– Unknown

## Looking to grow from adversity?

Below are three steps to grow as a result of adversity.

- 1. Embrace the emotions you are experiencing at this moment.**
- 2. Take 5 minutes today to talk honestly with a fellow caregiver about how you feel.**
- 3. During your discussion, identify and embrace strengths that have helped you thus far.**

Many of us have normalized our current situation, but adversity remains. Growth following and during trauma is not about ignoring the pain. Instead, it is about recognizing the feelings, acknowledging them, and taking purposeful action to experience a positive mental shift as a result of that trauma.

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