

# The Butterfly Effect Project

## Some examples of behaviors related to resiliency

- Taking care of one's physical health – eating healthy, exercising, etc.
- Focusing on the positive aspects of a difficult or challenging situation
- Looking for solutions to problems (rather than just complaining)
- Bringing humor to the workplace
- Asking for help when needed
- Seeking feedback from others
- Taking appropriate breaks and/or encouraging others to take appropriate breaks
- Planning or participating in activities that build relationships at work
- Giving positive feedback to others
- Not being afraid to admit to being wrong
- Attempting to view situations realistically instead of being guided by fear or strong emotion
- Confronting rather than ignoring problems
- Focusing on others' strengths

## A Champion's Guide

### Step 1:

#### Get the cards!

Get a pack of Butterfly Effect cards from the Resiliency team at the BJC Institute for Learning and Development (BILD).

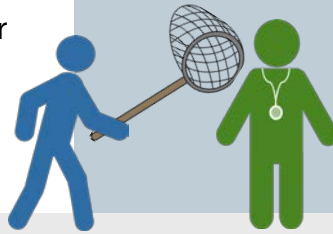
**Email Jen Patton with your mailstop for more.**

### Step 2:

#### Catch someone being resilient!

When you see a co-worker or team member exhibiting one of the traits or skills related to resiliency, hand them a card. Make sure to tell them:

- what behavior you observed
- how to use the card (see step 3!)



### Step 3:

#### Register the card!

**Note: The person receiving the card is the person who will register the card.**

If you were given a Butterfly Effect card, fill out the form on the website provided on the back of the card. You will need to enter your custom code found on the back of the card.

**Thank you for being RESILIENT!**  
When you receive this card:

**1 Let Us Know!**  
Scan the QR code, or go to <http://bit.ly/ResiliencyCard>  
Your Code: \_\_\_\_\_

**2 Pass It On!**  
See someone being resilient? Hand them this card and let them know what they did!

**BJC Resiliency - The Butterfly Effect Project**  
Did you receive a card from someone? Awesome! You're doing a great job showing someone how to be resilient!  
You'll have to follow some guidelines given throughout BILD. If they say this form only helps us to see who offers the card officially, but you will also be entered into a raffle for prizes!  
This card is for personal BJC use only and will not be used for awards. We may send you an email if you're being given a card when you're not the giver.  
\*Required\*

Your name: \_\_\_\_\_  
Your email: \_\_\_\_\_  
Your code: \_\_\_\_\_  
Your BILD location  
(This is an optional question, but please let us know the card's going)  
The name of the person that gave this card to you: \_\_\_\_\_  
How were you notified? \_\_\_\_\_

### Step 4:

#### Pass it on!

Once complete, pass the card to the next person that you find showing Resiliency at BJC.



To view results: [links.bjclearn.org/butterflyeffect](http://links.bjclearn.org/butterflyeffect)