Resiliency Butterfly Effect

Getting Ready:

Get some cards!

Get a pack of Butterfly Effect cards from the BILD Resiliency team.

Complete this form with your mailing address and quantity of cards: forms.cloud.microsoft/r/xmqUC95xjh

Step 1:

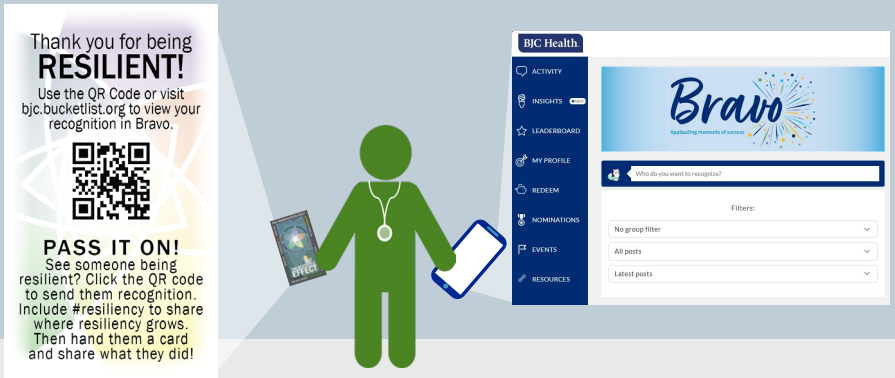
Catch someone being resilient!

When you see a team member being resilient, give them recognition by scanning the QR code or visiting bjc.bucketlist.org - use #resiliency in your comment.

Step 2:

Hand them a card!

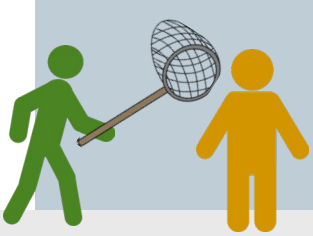
Let them know they can scan the QR code to visit Bravo to see their recognition. Printable certificates are available at resiliency.bjclearn.org on the Champion page to provide a hand-written note with their card.



Step 3:

Pass it on!

Encourage team members to follow these steps when they see someone showing resiliency at BJC.



For more information: resiliency.bjclearn.org

Examples of resilient behaviors

- 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 being wrong
- Viewing situations realistically instead of being guided by fear or strong emotions
- Confronting rather than ignoring problems
- Focusing on others' strengths