

RESILIENCY

Resiliency is the ability to adapt and thrive in the face of adversity and stress. It allows us to “bounce forward” from difficult circumstances.

The BJC Resiliency Program provides tools and resources to support your individual resilience and promotes practices to build a resilient culture throughout the organization.



BJC Resiliency Website
resiliency.bjclearn.org

Visit the website for activities, articles, videos, weekly emails, and more information on increasing your resiliency.



Resiliency Class Options

Virtual Classes

The 5 Components of Resiliency curriculum contains one-hour virtual class sessions once a month for 5 months.

Online Courses

This option allows you to build resilient skills whenever you like.

BJC HealthCare: links.bjclearn.org/resiliencyEast | Saint Luke's: links.bjclearn.org/resiliencyWest



BJC Resiliency Champion Program

Join us as a Resiliency Champion to develop resiliency building initiatives within your team. Scan the QR code to learn more.



Resiliency Champion Training Virtual Classes

2 one-hour virtual sessions one month apart. Work with your team in the month between sessions then develop next steps when you return.

Resiliency Champion Training Online Course

This step-by-step option allows you to complete Resiliency Champion Training whenever you like.

Questions? Contact resiliency@bjc.org

Opportunities To Manage My Stress and Mental Health

Stress Level

Employee Assistance Program (EAP)

Free mental health counseling for all employees and every member of their household.

Resources Include:

- Wellness
- Relationships
- Work and education
- Financial
- Legal
- Home and auto
- Talk with an expert
- Find a therapist
- Find a well-being coach

www.guidanceresources.com
App: GuidanceNow
Web ID: BJC
855-544-9600 TRS: Dial 711



Professional Level Support

- See your Primary Care Physician
- CIGNA counseling for medical plan participants via telehealth or in-person mycigna.com: 800-244-6224

BJC Resiliency Program

Building skills and habits in self and team prior to stressful events and returning from stress and trauma.

- Resiliency website
- In-the-Moment weekly flyers

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Over Time

Severe Stress: Seek professional and social support

Symptoms may include: insomnia, disordered eating, isolation, exhaustion, inability to think

Moderate Stress: Proactively reduce stress and use healthy coping strategies

Symptoms may include: irritability, sleep disruption, headaches, upset stomach, fatigue, losing train of thought, social withdrawal, changes in appetite

Mild Stress: Identify and nurture support systems

Symptoms may include: becoming easily distracted, avoiding activities, feeling "off"

Thriving

To THRIVE is to know and appreciate your personal strengths, emotions, and challenges.

Everyone handles stress and challenges differently. The list to the left provides a few examples of what you may experience.