

RESILIENCY

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

Resiliency Resources for Everyone

Resiliency Website

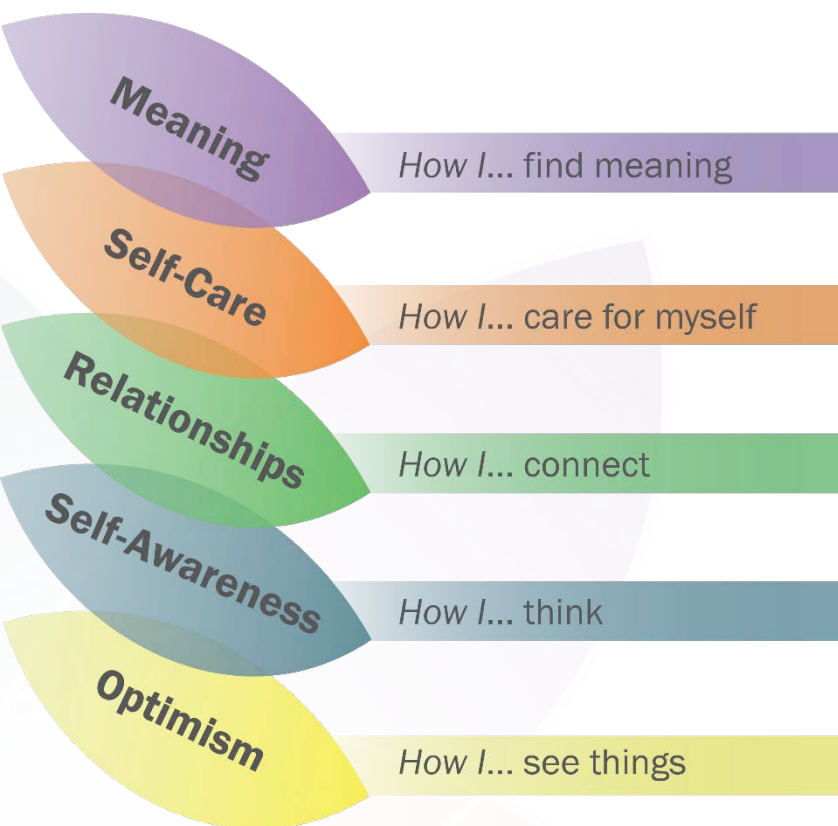
<http://resiliency.bjclearn.org>

Resiliency Saba Community

<http://links.bjclearn.org/resiliency>

The Resiliency program at BJC provides tools and resources to empower employees to build and strengthen skills that support their individual resiliency and to promote practices that support resiliency throughout the organization.

Resiliency at BJC is categorized by 5 aspects of resiliency. Each month a different aspect of resiliency is highlighted.



Questions?

Contact resiliency@bjc.org

Growing Your Resiliency

The **BILD Resiliency Website** offers a variety of resiliency related resources for all employees, including articles, videos, and activities. It also contains information about other BJC programs and services that relate to resiliency.

A 3 hour **Resiliency Class** is offered monthly at the BLI, or the BILD Resiliency team is available to work with HSOs and teams to provide alternative/tailored training options. Participants learn about the five core components for resiliency as well as skills and techniques for building and strengthening resiliency.

To enroll in Saba, visit:
links.bjclearn.org/isr

Resiliency Champion Training is intended for employees at any level of staff in any department who have attended the Resiliency Class and would like to help create and support a culture of resiliency at BJC. Champions are provided resources at the Champion Training as well as ongoing Champion events to connect and share practices with other Champions throughout the system. Champions work with their supervisor and/or team to determine how they will organize and implement resiliency building initiatives within their department.

To enroll in Saba, visit:
links.bjclearn.org/isbrct