

Resiliency Butterfly Effect



Resiliency is the ability to adapt and thrive in the face of adversity. The Butterfly Effect Project promotes acts of resiliency throughout BJC.

When you receive a card:

Step 1:

View Your recognition in Bravo!

If you were given a Butterfly Effect card, scan the QR code or visit bjc.bucketlist.org to see your recognition.

Thank you for being **RESILIENT!**
Use the QR Code or visit bjc.bucketlist.org to view your recognition in Bravo.

PASS IT ON!
See someone being resilient? Click the QR code to send them recognition. Include #resiliency to share where resiliency grows. Then hand them a card and share what they did!

BJC Health

ACTIVITY
INSIGHTS
LEADERBOARD
MY PROFILE
REDEM
NOMINATIONS
EVENTS
RESOURCES

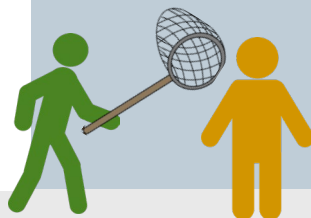
Bravo
Applying moments of success

Where do you want to recognize?
Filters:
No group filter
All posts
Latest posts

Step 2:

Pass it on!

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



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

For more information: resiliency.bjclearn.org