



# ABCs of BEST-ness

## Celebrate Success!

January 2021

While attending school virtually has helped us to stay healthy, hopefully avoiding COVID-19, it has also presented a heavy burden on our hearts. Working in education, you probably take great joy from interactions with students. Supporting students virtually doesn't provide the same opportunity for you to see the impact of your efforts.

Virtual learning causes us to miss all sorts of things that help us cultivate purpose. Teachers miss out on in-class interactions, office staff on student walk-ins, food service employees on the opportunity to nurture with food, and maintenance staff miss out on laughs and smiles heard in hallways and gymnasiums. Those bright eyes, laughs, and hungry tummies become something we truly miss, and that absence can be heavy.

As schools start to return to in-person models of learning, our anxiety about COVID-19 exposure will

likely increase. Change often produces anxiety. Leaving school generated it, and returning to school will as well. However, in our return to the classroom, we can offset that anxiety by embracing the joy. Listening to laughter, watching students smile, albeit with their eyes, and seeing your coworkers in person is giving us the opportunity to once again connect.

***"We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering."*** – Brené Brown

Without those connections—with students and with each other—we have suffered. With a return to in-person models of learning, we gain a very valuable opportunity—that chance to reconnect. We need to do it safely, staying mindful of the procedures in place to help us stay healthy, but we have the opportunity. Embrace those moments of joy and use them to power your BEST!

If you feel that the support of a counselor or professional coach would be of help to you, call our 24 hour, REALiving EAP Call Center at 1.877.256.9302 for assistance.

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