



ABCs of BEST-ness

Celebrate Success!

November 9, 2020

We've been living in a pandemic for nine months now. We've gotten some experience under our belt. We'd coped with unpredictability, constant change, limits on activities, cancelled events, and a lot of stress.

It's easy for us to remember the burdensome parts of this difficult time in our lives, but what has gone well? Looking back over the last months, what has been a silver lining for you? We've watched as the businesses and employees we support have unleashed their creativity! Teamwork has made the dream work! People have pulled together in ways that have resulted in work getting done-differently, but done! We've seen connections be maintained in some new ways, and old ways, too. The good old-fashioned telephone and letter in the mail have

experienced a renewed sense of appreciation, which is a positive indeed! We've been inspired by efforts to stay healthy, both in ways to specifically combat COVID-19, such as use of PPE, cleaning, and hand washing, but also in eating, drinking, sleeping, and exercising our way to better overall health. Hopefully that not only protected us against the virus, but improved our overall wellness!

Take a moment and think about the success you have experienced during the pandemic. It's an example of your strength and resiliency, and it's worth celebrating!

Use the buddy system! Call us 24/7 at 877.256.9302 for phone-based support!

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.

REALiving®
Helping You Be Your BEST.