



ABCs of BEST-ness

Ask for Help - Who Can You Lean On?

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As human beings, our tenacity, determination, and drive are strengths. They can also be weaknesses that get in the way of our taking breaks, setting reasonable expectations, and asking for help.

Why is it so hard for us to ask for help when we are burdened emotionally? If we were bleeding out of our ear, we'd probably go to the doctor and ask for help. But when our hearts are hurting, brains overwhelmed, and energy depleted, we resist asking for, or accepting an offer of, help. Instead further burdening ourselves.

Like any other skill we want to build, practice makes perfect. Start small! Maybe you could ask for help with a small part of a task. Or ask for a little one-on-one time with your buddy, someone you can share a cup of coffee with, for listening, support, and encouragement. Surround yourself with the BEST people and let them help you be your BEST!

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.

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Helping You Be Your BEST.