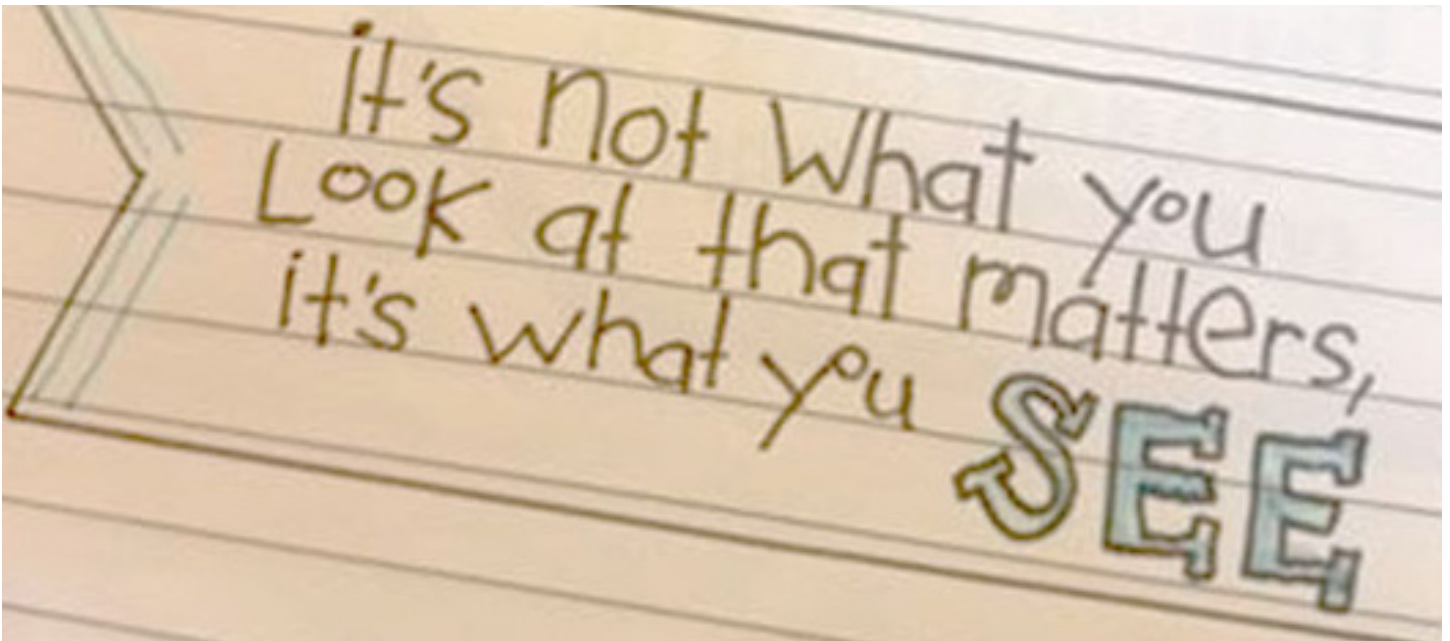




# ABCs of BEST-ness

Shift Your Focus to See the Positive

October 5, 2020



There is a profound difference between what you look at and what you see. What you look at is a result of where your eyes are pointed. When you walk into the grocery store, you LOOK at the environment around you. What you SEE is a result of where you choose to focus.

That choice is a very powerful coping mechanism. When you LOOK into the store, you might see people wearing masks. Those masks, along with the directional arrows on the ground, social distancing stickers, or customers jockeying for space when you round the corner, might bubble up feelings of anxiety, fear, frustration, loneliness, and even hopelessness.

You could also make a choice to SEE something else. You could see the sparkling eyes of a customer, telling you they are smiling under their mask. You could see the large selection of beautiful produce and feel thankful for our access to food. You might see the hardworking employees and express thanks to them for their dedicated service. What you choose to SEE can influence how you feel, a powerful way to self-manage your emotions.

**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.