



# ABCs of BEST-ness

## Focus on What You Can Control

September 14, 2020

Everything seems complicated right now. It's all different, confusing, and unpredictable. It's a five star recipe for anxiety.

The antidote for anxiety is ACTION. We can only act on what we can control. What CAN you control? You can only control yourself. Today, make a commitment to action and control how you are taking care of yourself. Eat-drink-sleep right. Silly? Maybe, but it is SOMETHING you can do. You can eat something healthy, drink extra water, and go to bed a few minutes early. All of those things will help your body, and your mind, perform.

You need all the help you can get right now, so invest in yourself first. To inspire you, we have TEN Eat-Drink-Sleep Right items from our store ready to give away to you! (You can check out our store **here!**)

Email us at [BEST@REALiving.com](mailto:BEST@REALiving.com) and tell us what you are doing to take the BEST care of you! We'll select 10 winners!

**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.