



# ABCs of BEST-ness

## Know What Is Expected

September 7, 2020

When trying to maintain control of a classroom, it's important for students to know what is expected of them and to strive to meet or exceed those expectations. The same lesson applies to us as employees. Our workplaces are a flurry of expectations, often fluid and rapidly changing, due to the unpredictable impacts of a worldwide pandemic. It's important to know what is expected and to show up in a way at work that meets or exceeds those expectations too. We don't need to like what is being asked of us, but we do need to do it. For example, most of us don't like wearing masks, but we will do it because it's what is being expected for us.

Put your BEST effort into knowing the expectations your employer has for you and familiarize yourself with both contact points for questions and support options for yourself. Clearly understanding the expectations will ease anxiety about them (because you'll know the answer). Seeking support to manage the emotions that come with meeting those expectations is an important part of coping with pandemic stress.

**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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