

Lessons Learned in 2020 – Week 3

Reflections from EAP staff members



2020 was quite the year. We thought it would be a great idea to ask our staff what they learned in 2020. Truly we didn't anticipate how reflective and insightful all our staff would be when responding. We were going to share a few lines from each but they were all so good! So, over the next few weeks, we'll be sharing all of them.

What did you learn in 2020? Week 3:

Pam Taylor, Business Office: To Rise like a Phoenix from the Ashes Learning to persevere through the long haul.

Brigette Morris, Account Coordinator, Business Development: In 2020 the biggest lesson I've learned personally is that unfortunately, our awareness to issues outside of our own lives, only happens through tragedy and injustice. This past year, some of the tragedies and injustices that have occurred in our country have made many of us more aware and more socially conscious than ever before. I am only grateful for the awareness these events have brought to my life....and my heart is deeply saddened for those who have been impacted by anything related to these events and who have been living this reality every day.

Ralph Orsi, EAP Counselor: One lesson that I learned in 2020 is that I am more adaptable than I thought, and you can teach an old dog new tricks.

Kim Hurst, Best Care EAP Consultant: When our world was turned upside down it gave me new perspective on my priorities to refocus my energy and time on the things that really matter – the people in my life I care about. Of course we “know” this...but it wasn't fully realized for me until We don't know when might be the last time we see someone, so I have newfound commitment to focus on what I can control and learn to let go of what I can't and that it's ok to “not be ok”. I look forward to living 2021 in the moment and with a grateful heart that I'm here to do so!

Jessica Nejman, Business Office: Even when everything seems to be going bad, something new can come along which turns it all around. Sometimes, it's even that push to do a thing you were afraid of.

EAP a call at **402-354-8000** or **800-801-4182** or email eap@bestcareeap.org.
Counselors are just a phone call away.