

e-tips ...

to help you Live Well

## Be – Do - Have



I recently discovered a way to have mini-moments of mindfulness that may be useful to all of you who have monkey minds like me. (Monkey minds are when your thoughts jump from one tree limb to another without settling down.) Let me share.

We could categorize our time into 3 areas: **Be – Do – Have**.

- **Do** is all our time and energy spent on accomplishing tasks and it involves action, movement. It also includes our brain time planning what to do.
- **Have** is time focused on wanting stuff you think you need to have. It includes shopping, internet surfing and comparing yourself to what others have.
- **Be** is being present, just where you are, just who you are.

You can put whatever you want into the **Do** and **Have** categories, but the gift of this simple model is to realize that time to **Be** is just as important as time spent with **Do** and **Have**. There's no guilt in finding moments for deep breaths, quiet sitting, listening wholeheartedly, or walking slowly in the sunshine. When these moments come, I say to myself, "This is my **Be** time." I haven't scheduled this practice as a **Do**, but I've noticed the experiences as they occur naturally in my day. And it has been wonderful – it's improved my mental health and lifted my spirit.

The philosophy of taking time to just **Be** represents one of my favorite quotes from Nadine Stair who was 85-years-old when she said:

"Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day."

By: Terri Anne Flint, Ph.D., L.C.S.W.  
Director – Intermountain Healthcare  
EAP & Employee Wellness

● ● ●  
Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.

