

e-tips...

to help you Live Well

Extending Christmas Goodness

Signs of Christmas arrive earlier and earlier every year in our American culture. In early November we see the beginning of bright lights on the trees, Hallmark movies with Santa and his elves, advertisements for the best gifts and holiday songs of the season. And it makes me wonder, is the goodness of Christmas arriving earlier and earlier along with the commercial aspects of the season? Are we softening our hearts toward others a little more each year? Are we starting earlier to help those in need? Are we celebrating what's right in the world? Are we joining together to be more kind and forgiving?

If this is the case, I'm voting for Christmas to arrive as early as possible. And while we're at it, why don't we extend it through Valentine's Day! Let's let the red of the autumn trees prompt us to be loving and kind, along with the red of Christmas tree decorations, and then by Valentine hearts. While we talk about having Christmas in our hearts all year, maybe a small step towards that goal could be extending its peace on earth and good will toward men aspects just a few more months.

P.S. If you're freaking out right now with even the smallest thought of extending Christmas craziness, let me assure you, this isn't about more stuff or more activity. As long as we're voting, let's actually limit that part of the holiday to a couple of hours. What do you say?

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

