

 e-tips...

to help you Live Well



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

## Good Morning, Handsome

I'm always trying to learn new things, and I recently learned a new makeup technique. When I put on my blush, I look in the mirror, smile, then apply the blush to the top of my cheeks. At first, this was an awkward experience – smiling at myself in the mirror. But, as I've continued to do this, I've discovered this little gesture gives me an emotional jump start to the day. When I see my goofy smile, the quiet voice in my head says, "Have a great day, Terri!"

I know this is a small thing, but the older I get, the more I learn that joy comes from small things. So, give it a try. After you've brushed your teeth, shaved, or combed your hair, break out your smile in the mirror! Make it a big smile! If you want, you can add a cheerful message to send you on your way. "Hey, good looking, you're the best!" "It's going to be a great day." "You can do this."

At the least, this action can start your day with a good laugh; at the most, you'll feel a surge of well-being. It's free, very easy and you can do it until you die! Now, that's a LiVe Happy bargain.

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