

e-tips...*to help you Live Well*

## Holidays of Imperfection

A recent mail flyer advertised, “Buy this for the perfect holiday season.” Really? We all know there is no such thing as a perfect holiday season so this year I’m aiming for holidays of imperfection. I’m going to have a short to-do list that I don’t have to check twice. My gifts won’t need fancy wrapping. I’m changing my expectation of having all of the family together and just going for laughs, love and hugs with those who show up. I’m baking my favorite cookie, peanut butter kisses, and am throwing caution to the wind by eating the dough. Christmas songs are playing in my car and I’m watching goofy Hallmark Channel Christmas shows. Planning imperfection provides the freedom to do what you love the most. I can already feel the holiday “shoulds” being replaced with a mischievous twinkle in my eye. Try buying that from a store!

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

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