

e-tips ...

to help you Live Well

I can't say good-bye



Fifteen years ago, I wrote my first e-tip. At some point my writing moved from impersonal facts about stress management, communication and resilience to sharing my personal journey of trying to be my best self. As I've reviewed over 300 of these e-tips, five stood out as my personal favorites. These include the Victim Hotel, How Can Wabi-Sabi Help You, Winter Rainbows, Holidays of Imperfection and Are You Going to the Ball. I love the memories of writing these particular stories and the messages still make me smile. What have been your favorites?

I've heard from so many of you that these short, simple thoughts have made a difference in your life and that you share them with your team, your friends and family. What a delight for me that I can help inspire you in such a small way.

I retired last week from Intermountain Healthcare, but I can't say good-bye to you. If you want to continue to receive helpful tips from me, join my blog at terrianneflint.com. I'm a beginner at this blog business but will have more time to write weekly and explore new ways to help others live their best lives. The e-tips will continue to be sent from the Employee Assistance Program.

This process of retiring has presented a real dilemma: How do you thank thousands of people who have changed your life? How do you tell them you'll never forget them, and you love them and truly wish them peace, health and happiness? I wish we reserved "thank you" for just these times instead of using the same words when someone gives you a napkin. But there really aren't any better words in this situation than, "Thank you."

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

