

e-tips...

to help you Live Well

## 6 Things I'm Loving from Early Summer



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

June is my favorite month of the year and I intentionally try to savor each day. Here are six things I've enjoyed so far:

1. Peonies from my garden. I think peonies are celestial. They're pale pink flowers with layers of fragile fullness, suffused with a scent from heaven, and they take my breath away. They don't last long, so there's no taking them for granted when they bloom.
2. A robin's nest in my rain gutter. Birds delight me, and when a big mama robin made her nest right on my porch, I made her as comfortable as possible. She's lying on her eggs, and I can't wait until I hear the chirp, chirp, chirp of her babies.
3. Cherries. If you have haven't tried cherries this year, rush out and get some today. They're especially firm, sweet, and delicious. Enjoy each bite and then make it fun by having a cherry seed-spitting contest!
4. A new hammock. I received one of the new portable hammocks for Christmas, but it took me awhile to get it hung. It's the kind you can take anywhere, but I put it between two posts on my porch. I wasn't sure about it, but once I got it in just the right position, swinging in the breeze has been sinfully relaxing. Add an audible book and a Diet Coke next to me and it's a moment to remember.
5. Meeting a beekeeper. My brother-in-law introduced me to his bees and beehives. I donned the beekeeper jacket, mask and gloves and gloried in watching up close a gazillion bees creating glorious honey. What a miracle in the making in front of my eyes. Fascinating!
6. A birthday breakfast. Mornings are the very best time at my house and so I celebrated my birthday with an early morning breakfast. Of course, we had birthday cake, made by my 82-year-old mom who makes the very best German chocolate frosting ever. It made getting older fun.

What have you loved so far this summer?

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