

e-tips ...

to help you Live Well

## Spring means rebirth... in the garden and in our lives



I've got spring fever. It started on March 31 when I was outside and able to work in the garden. I smelled the dirt and was proud to get it under my fingernails. My bright yellow and purple crocus had popped up, looking for attention. Birds were singing a new tune. Pussy willows were there for the touching. The air was cool, fresh, energizing and exciting.

In my spring garden, there is a simplicity in the bare outlines of trees, bushes and plants without their voluminous leaves and crowning flowers. This makes it easier to see where there's good balance and harmony, and where I need to move plants or plant new seeds.

For me, spring is about dreaming and making new goals. It's time to plant seeds so they can grow throughout the next season. What do I want to learn? How will I spend time with my family? How will I get my physical activity? How can I save more money?

Faith is truly demonstrated when we plant a seed – believing it will sprout, grow and produce a delicious tomato or a glorious sunflower with the right amount of sunlight, water, nutrients and patience – lots of patience. This same faith can be shown when we believe in ourselves. We, too, can become our very best selves by planting seeds, and practicing just the right amount of patience, persistence and perspiration!

So...what will you be planting this spring?

"The day the Lord created hope was probably the same day he created spring."

--Bernard Williams

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

