

e-tips...

to help you Live Well

Take Nothing for Granted

Some watercooler conversations caught my attention last week. Around the office, we focused on the good news that a snow storm was on its way. The typical complaints about snowy weather were replaced with universal relief that we'd receive much-needed moisture. While unsaid, I think there's a realization that a snowpack in Utah and Idaho is no longer guaranteed. Winter snow, it seems, cannot be taken for granted.

It prompted me to consider, what else do I take for granted? The quick list included hot water coming from a convenient tap, electricity, affordable fuel for my vehicle, grocery stores filled with food choices and a hospital nearby in case of emergencies. The media shows us every day how many people in our country and across the world don't have these necessities and yet we complain when the internet is slow or we don't get as many "likes" as we want on Facebook.

Here are three remedies for taking things for granted:

- 1) **Live in the present with an awareness of what's around you.** Have you noticed the amazing sunsets we've had this winter? Is anything better than cuddling? What's your favorite smell? Have you found a lucky penny? I heard birds singing today in my trees – they must be thankful for something!
- 2) **Practice gratitude for those things you observe.** I'm now thankful for every snowflake or raindrop that falls on my clean car.
- 3) **Reduce your focus on what you don't have; increase your focus on what you do have.** With some embarrassment, I'll admit that I've been envious of a family in my neighborhood who appear to have bountiful financial resources and an ability to travel extensively. News came recently that their young daughter was diagnosed with cancer. Humbly, I'm reminded that all of the money in the world cannot stop the pain and suffering of this terrible diagnosis, especially with a child. I may not have the things they have, but today, I have my health and that is priceless.

Just for today, try these three steps. You'll feel good – guaranteed!

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

