

e-tips...

to help you Live Well



The Art of Gift Giving

The most stressful part of Christmas for me has become gift-giving. It was easy when the kids were small – everything made them happy. Actually, they loved unwrapping the gift more than the gift! It was also easier when there were “needs” instead of wants because giving needed clothing or money for tuition was an obvious choice. But now when those I love are older and don’t need material things, gift-giving just makes me crazy because I don’t know what they want (and sometimes they don’t either)!

My recent *ah-ah* is that gift-giving should be fun. And if it isn’t, I can change it. So here are some things I’m going to try this year: 1. Keep within my budget. Going into debt for even the most amazing gift isn’t worth it. 2. Be thoughtful, but not obsessive. What’s really the worst thing that could happen if they hate my gift? 3. Buy experiences, not stuff. Who doesn’t love going to a movie? 4. Remember why I give gifts. Mother Teresa reminds me, “It’s not how much we give but how much love we put into giving.”

Bottom line: I’m replacing stress this Christmas season with love. Even an ugly sweater will do the job if I give it with a hug and smile!

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

