



e-tips
...

to help you Live Well

What I Learned in February



A fun, insightful journal activity is to list the highlights of each month. I'm always surprised how quickly I forget life events unless I do this. Here is what I learned in February 2019:

1. Frozen corn is yummy. Frozen vegetables are just as nutritious as fresh, and they eliminate mooshy, green things growing in the refrigerator bin.
2. Good neighbors are angels. They helped me get unstuck from the snow, plow my driveway, and capture my horses that escaped galloping down the road. They also provided good advice on how to get the skunk out of my garage. (Yep, it's been an eventful month with nature!)
3. Post-traumatic snow disorder is real.
4. Mindfulness is worth learning and practicing. I took another class on how to do it and this time it clicked for me. Deepak Chopra says it well, "Meditation is not a way of making your mind quiet. It's a way of entering the quiet that's already there-buried under the 50,000 thoughts the average person thinks every day."
5. Mary Oliver's poetry touches my heart. I wasn't familiar with her until I quoted this line in a recent e-tip, "Tell me, what is it you plan to do/ with your one wild and precious life?" She was an American poet who writes about being present with nature, feelings, love, and life. Her book of poems, *Devotions*, is a new favorite that I am savoring.
6. Learning gives me breath. Any day is a wonderful day if I've learned something new. I can survive anything if I'm learning.



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

What were your February highlights?

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