e-tips... to help you Live Well

LiVe Well

All is Safely Gathered In

"…all is safely gathered in, ere the winter storms begin." This hymn has played in my mind for weeks as I've covered the outdoor furniture, planted bulbs, plugged in the water heater for the horses and found my warm hat, gloves and coat. There is a peaceful quiet in closing the season - just as powerful as the raucous energy of spring. It's a cue to soften our hearts to blessings and thanksgiving.

This year my Thanksgiving Day will be traditional with wonderful family and lots of good food. I'm also going to find time to journal all of my amazing 2013 blessings, most of which are people. I have a long list of dear friends who have strengthened and inspired me and made me better with their kindness and example. Turning our hearts to what we have creates the lump in the throat experience and makes this holiday one of the very best. It prepares us to give generously to those who don't have in the next holiday season. Join me tomorrow in finding some moments of gratitude – the experience will feed your soul while the turkey feeds your tummy.

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

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