



e-tips...

to help you Live Well



● ● ●

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

## Happy Halloween!

Halloween isn't my favorite holiday. It stems back to a traumatic event dealing with a headless horseman costume my mother made me wear in 3rd grade. I still need therapy about that incident. But I appreciate the "Happy Halloween" wishes that surround us this week.

Now, if I could just figure out what "Happy Halloween" means. Does it mean I hope you get scared to death from walking zombies or jumbo spiders? How about wishing you can sneak your favorite candy from your kid's stash without getting caught? Or that you win the costume contest dressed as your alter ego? How about wishing you enjoyment as you watch a small child being totally confused as to why her mother is dressing her as an alligator?

Whatever it means to you, I wish you a Happy Halloween!

By: Terri Anne Flint, Ph.D., L.C.S.W.  
Director – Intermountain Healthcare  
EAP & Employee Wellness

