

e-tips...*to help you Live Well*

LiVe Well With Money

Worrying about money is overwhelming. It consumes our thoughts and our actions. It makes us grumpy or secretive, ashamed or defensive. It affects our sleep and our marriages. It is at the other end of LiVe Well.

In the book “Well-Being” the authors define financial well-being as being able to pay your bills without worry. Within this definition there is a simple formula of action: Don’t create bills you cannot pay. Balance the instant pleasure of a purchase with the longer-term contentment of financial security.

No one is exempt from worrying about money and more money is typically not the magic cure. As with all of life, it comes down to two simple questions: Do I really want financial well-being? And am I willing to pay the price?

By: Terri Anne Flint, Ph.D., L.C.S.W.
Director – Intermountain Healthcare
Employee Health Services

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

