

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

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

## Sunflowers

In the summer of my 10th birthday, my mother planted giant sunflower seeds. We watched those small black seeds turn into a gargantuan plant over 10 feet tall! The sunflower head was larger than my head and I was awe-struck with the orderly but artistic pattern of the black seeds embedded into its face. I'm not sure my fellow students were as impressed as I was, after my brother and I proudly dragged it into school for the summer "show and tell," but I've never forgotten that day.

This began my love affair with sunflowers. I'm delighted today to see them popping up along the roadways, shaking their heads to wish me well. They embody sunlight, happiness, simplicity and resiliency. I've heard that pioneers dropped these seeds along their trek to give hope to those who followed behind them. True or not, I know every August is a little brighter because of their presence.

What gives you hope and happiness in August?

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