

e-tips...

to help you Live Well



## The Magic of Tidiness – Part 3

The Life-Changing Magic of Tidying Up continues to spark lots of thought and discussions. Here's one employee story:

*"I just had to tell you a story that happened to me today in regard to your e-tip. I loved your quote about getting rid of our clutter and bringing joy to others! Last week I took six bags of items to the DI. One entire bag was full of tote bags (I must love them a little too much), which included a gym bag that had my initials on it.*

*"Today I was at the gym and saw that SAME bag with my initials on it above the lockers! I took a closer look to be sure and YES, it was the same bag I'd let go from my life just a few days ago. I can't tell you how happy it made me to know that someone else who needed a gym bag had found it and was already using it! The fact I saw it at the gym while we were both trying to better ourselves is just the icing on the cake!"*

How cool is that! Thank you Deseret Industries for facilitating these wonderful exchanges!

A challenge I was having as I work to simplify my life was to determine what really gives me joy so I'd know what to keep and what to throw out. I happened to be moving one of my favorite candles (Thymes Frasier Fir) and as I smelled it, I totally felt that joyful feeling I was looking for! I haven't begun the rigorous clean-out phase of this project, but I am applying the "joy test" to what I buy: Will buying this item really make me joyful? It really has made shopping fun again (plus I'm saving a lot of money)!

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

● ● ●

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

