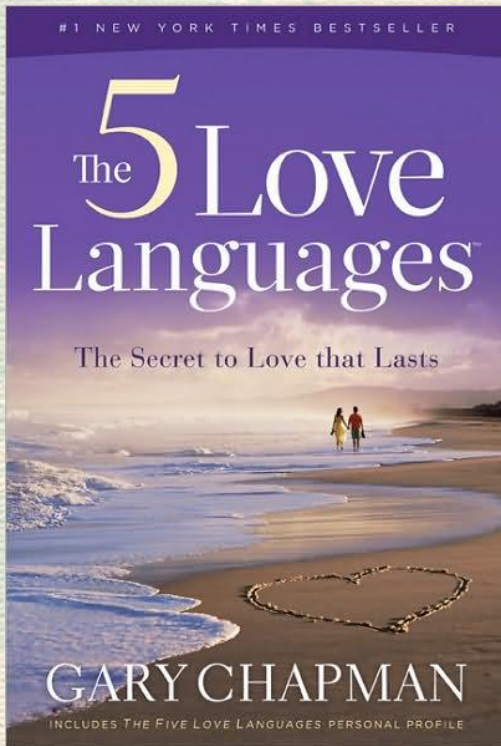


e-tips...

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.

Why Know Love Languages?

I recently had an experience with kidney stones (which explains my delay in sending this e-tip). Typically, I don't get that much attention but when you begin to sob during a business meeting and then become hysterical in the Emergency Room, people kind of take notice! As my experience unfolded, I observed my friends and family and the IMED hospital staff demonstrate all 5 love languages: words of kindness, gifts, hugs, time spent with me and acts of service. I greatly appreciated each act and am confident this kindness helped me heal.

So, why know the love languages? First, you will know the best way to love your partner, children and friends. Try to use their love language to express your caring and adoration. Second, let them know your love language. Maybe they will be willing to speak it more often. Third, appreciate the language that is being spoken to you. A gift or a clean car may not be your first choice, but the message is there. Accept it and cherish it.

Two more winners of the book, The Five Love Languages, are: Teri Bronson and Bethany Crawford.

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