

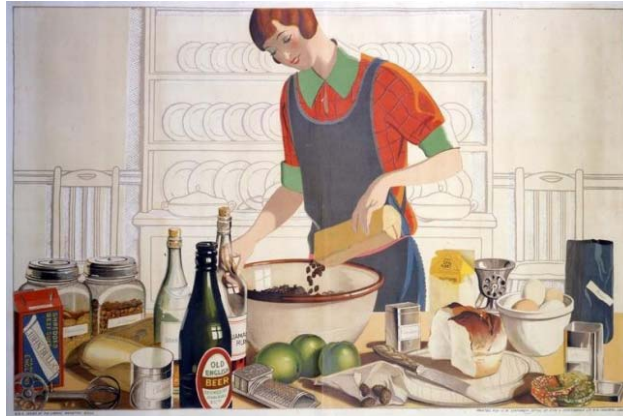


From the Director of the Office of Staff Wellbeing



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY
Department of Anesthesiology & Pain Medicine

From the Director of the Office of Staff Wellbeing: December Newsletter



— Hello everyone,

December already, and it's been **10 weeks** at home with Shiny New Hip and CNN addicted house husband but who's counting!

Xmas pud made, but not really in the festive spirit yetbest expressed by Michael McIntyre in this 40 sec [YouTube video](#)

I will send a jolly Winter Holiday themed note later this month but meanwhile back to business.

Please **Save the Dates** below which are also on the [Department website](#).

Anesthesia Book Club Edmonton (or #AbcE as I like to tweet about it

Date: Monday, January 16

Time: 18:30 pizza, 19:00 discussion

Book Title: "Being Mortal by Atul Gawande"

Location: 94 Fairway Drive, T6J 2C5 ([map](#)) Please RSVP to me [here](#)

Anesthesia Wellness Retreat "An Out of OR Experience!"

Date: Saturday, February 11

For details and to sign up (for you and significant other), click [here](#)



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Reading Material

Articles on resident wellness, burnout, loss, personalities suited to anesthesiology and more below. As MOCOMP deadline approaches/looms remember these all count for CME.

Beginning with an article describing the inspiring Anesthesiology Resident Wellness Program at U of S, headed by Dr Anita Chakravarti who some of us know from her time in Edmonton.

**please click titles below to access full articles*

- [Wellness Program: Curriculum and delivery CJA](#)
- [Impact of burnout on physician workforce. Mayo Clinic Proc](#)
- [The things we have lost. JAMA](#)
- [Tolerating uncertainty. NEJM](#)
- [Successful personalities in anesthesiology Anesth Analg](#)
- [Anesthesia relevant article](#)

Thanks for reading, stay warm, all good things, Sue



Sue Reid
Director, Office of Staff Wellbeing
Department of Anesthesiology & Pain Medicine