



From the Director of the Office of Staff Wellbeing



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

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From the Director of the Office of Staff Wellbeing: What I Think you Should Do!

■ Hello everyone,

I came across this on [Anne Lamott's Facebook](#) "*I thought of a great title for a book: What I Think You Should Do: The Road to Happiness...*"

If you don't know of her, Anne writes with self deprecating humour and great vulnerability. Here is a link to the rest of her [post](#).

To the 58 people who have responded to the Wellness Survey so far, Thank you! If you haven't done so yet, please participate (<http://goo.gl/forms/BaBjxt47hTTPMo7n1>). I will close it on July 2nd.

Like Anne I have my own ideas, (meditation, more meditation and a glass of Pinot Grigio!) But my job is to listen, respond and then help to create wellness opportunities for our group. And in the process we will build a stronger, inclusive, more compassionate anesthesia community which supports wellness for all it's members.

If you have an anaphylactic reaction to surveys, then just email me (susanjeanreid@gmail.com) with your thoughts.

You could even Tweet. Seriously! Even though no one appears to want Twitter as a method of communication, I do have a Twitter handle [@susanjeanreid](#) so please follow me for updates.

Final quote from Anne Lamott,

" the reason life works at all is that not everyone in your tribe is nuts on the same day"

Warm wishes, Sue

Sue Reid
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