



From the Director of the Office of Staff Wellbeing



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

Sue's News: August Newsletter

■ Hello everyone,

*Things are such, that someone lifting a cup,
or watching the rain, petting a dog,
or singing, just singing — could be doing as
much for this universe as anyone.*

Rumi

Just back from my holiday at a classic English seaside town complete with a cliff top castle, summer orchestra, fish and chips, cream teas, donkeys on the beach (seriously!) and amazingly lovely weather.

Before my vacation I may have been a tiny bit distracted, unfocussed and not exactly mindful. Which is when accidents happen.

I hesitate to share this experience because several of my Physician Wellness Twitter buddies happen to be ENT surgeons and this is So Embarrassing.

Here goes. It is the night before I fly to England.

There is a Q-tip in my ear. Yes, a **Q-tip** in my ear (I know, I know).

My daughter calls, and I mindlessly answer my cell phone, jamming it with full force against my Q-tipped ear and ... I think you can make up your own ending.

By the way, if your ending includes a display of empathy, or even sympathy, from Tim you need to edit that bit out.

True story, I really can't make this stuff up!

On vacation I gave up Q tips!

I also disconnected from social media and stopped compulsively checking Twitter and email. I went for slow walks with my 84 year old mother, watched Wimbledon on her 17 inch TV, waited for the bus and wandered by the sea. And I gradually settled down. As did my tympanic membrane. I did a lot of pathering and walking.



Karen Hollingsworth

Here are 2 pieces on the delights and benefits of both.

"By pathering I can send my thoughts away, on high breezes or tossed into spindrift. It allows a joyous, essential cleansing of the mind and awakens the senses. That in itself is purpose enough." Annie Worsley
More from her blog [here](#).

"Walking, ideally, is a state in which the mind, the body, and the world are aligned, as though they were three characters finally in conversation together, three notes suddenly making a chord. Walking allows us to be in our bodies and in the world without being made busy by them. It leaves us free to think without being wholly lost in our thoughts." Rebecca Solnit
Complete article [here](#).

Nearer to home, The Summer Book celebrates Canadian summers.
[Here](#) is a short piece called Love Song by Theresa Kishkan from Vancouver island.

No apologies for a shorter newsletter and for taking a meditative break from the cutting edge of physician wellness, burnout, etc.
But I am looking forward to attending these conferences in the fall.

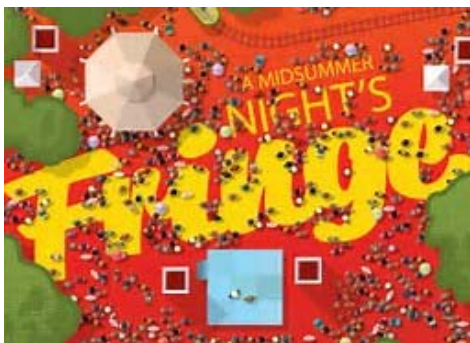
Sept 7-9 Ottawa
5th Canadian Conference on Physician Health
Burning Brightly, Not Out; Engaging and energizing physicians

Oct 12-13 San Francisco
American Conference on Physician Health: Creating an Organizational Foundation to Achieve Joy in Medicine.

I am excited to have an opportunity to network with physician health leaders from Stanford, Mayo, and Harvard and across Canada. My goal is to bring back the best research, practical ideas and evidence to inform institutional change and our personal wellness here at home.

But before that Drum Roll please

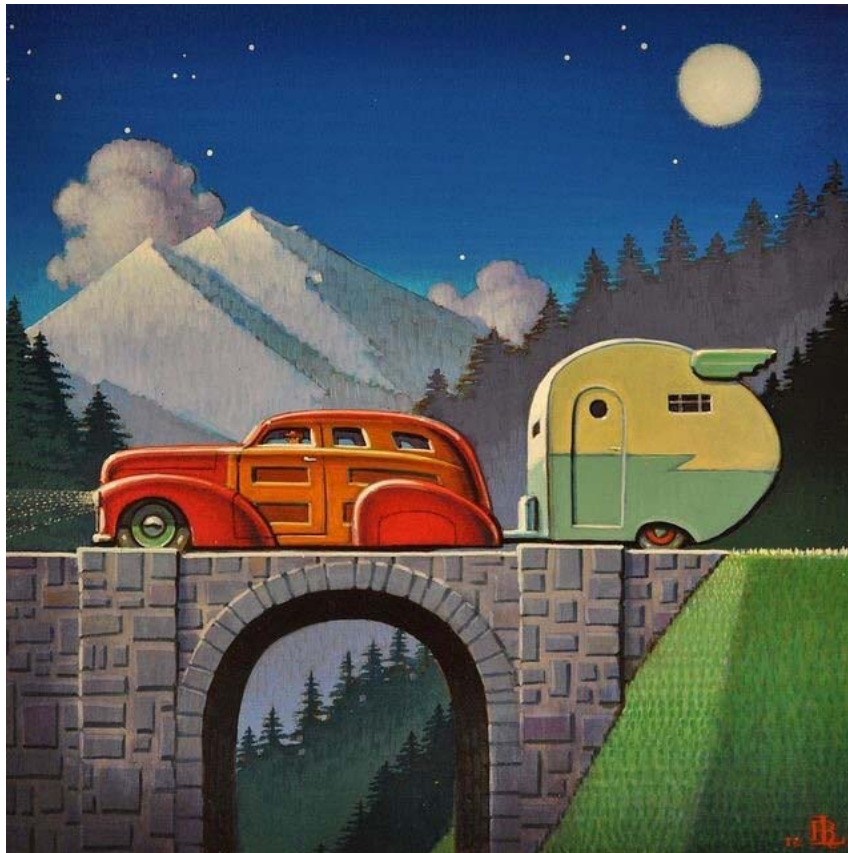
The 36th Edmonton International Fringe™ Theatre Festival takes place August 17-27, 2017!



Everything you need to know is [here](#)

In the UK we refer to the OR as “theatre” which can be confusing for other theatre artists. Intrigued? [Click here](#), check this out!

I wish everyone a happy August with time to pather, potter, hike in the mountains, Fringe, pet your dog, sing or whatever summer means to you.



Robert LaDuke

Thank you for reading, Sue

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