



## From the Director of the Office of Staff Wellbeing



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

### Sue's News: March Newsletter

---



The Arrival of the Sun by Kenojuak Ashevak

— Hello everyone,

**“First and foremost, all I want to be is a human being.”**

Dr Dalbir Sehmbly TEDxUALBERTA 2017

I have spent much of my career (until recently!) feeling that I was the wrong person in the wrong career in the wrong place. Being part of a supportive, inclusive community is important for wellbeing and prevention of burnout. Through the Wellbeing initiative, I hope we can create an increased sense of community within our Edmonton anesthesia group and beyond. Including our readers from other specialties and locations.

Civility and respect are essential for community building. Dr. Michael Kaufmann from the OMA Physician Health Program writes about The 5 Fundamentals of Civility for Physicians. [Click here](#) to access it.

Shane Parrish also offers a thoughtful discussion about the benefit of making respectful interpretations of others behaviour. [Click here](#) to access it.

I believe that our community is made up of a more diverse group of people than we may realize. We have a wealth of different experiences, talents, skills, strategies, insights and stories. Let's share our collective wisdom and feel more connected to each other in the process. You can submit your story anonymously, but I hope some will be comfortable having a conversation with me on the podcast. Thank you in advance Drs. Craig Needham and Mark Simmonds.

So we begin the “**Real People in Anesthesia**” series with 2 early career colleagues giving their (anonymous) views on transition to practice, stress management, favorite pizza toppings and more!

Key points for wellness:

Balancing work and time with family and friends while tackling the new staff call expectations is challenging. There is a strong urge to work as much as possible eg all weekends, because you can finally enjoy independent practice, but also for financial reasons.

Once you get over the idea that taking time off is lost opportunity, it becomes fun and important. Again family and friends are great support in saying no to more work.

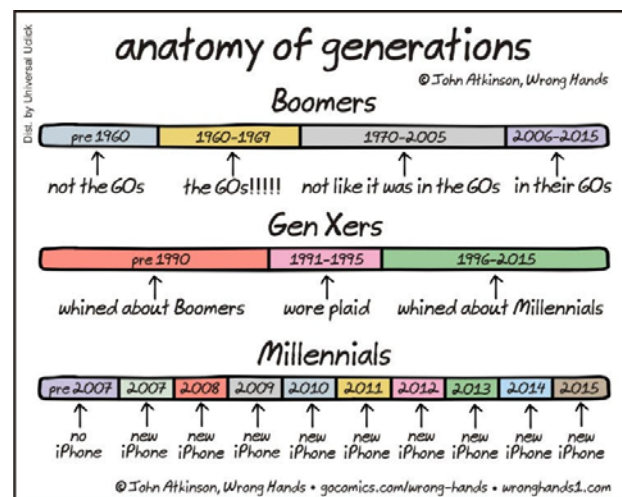
It takes time for the stress and anxiety from the R5 year to gradually decrease. Stress management achieved through communication and support of partners and family. "Strong relationships are a life line". Also exercise, sharing experiences with colleagues and vacation time away from emails, scheduling etc.

Pizza toppings were pepperoni or feta!

“Early career” is of course a euphemism for Much Younger than Me and from a different generation. Here is a guide.

The Arts can also be a portal to connect with our common humanity. Dr. Audrey Shafer is a Stanford Professor of anesthesia, published poet and Director of the program for Arts, Humanities and Medicine. Also a personal hero of mine. Read her essay, Healing arts: The synergy of medicine and the humanities.

[Click here](#) to access it.



Finally, time for the confidential **Spring Survey for STAFF**. I want to know, and need to show others, how the Wellness initiative is being received. 10 questions, 2 minutes of your time, please access it [here](#). Our residents can give me feedback at our AHD Wellness session.

Thank you for reading and Happy Spring everyone, Sue

Sue Reid  
Director, Office of Staff Wellbeing  
Department of Anesthesiology & Pain Medicine  
Twitter: [@susanjeanreid](#)



Photo by: Grant McDonald