



## From the Director of the Office of Staff Wellbeing

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

### Sue's News: December Newsletter

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■ Hello everyone,



At a recent Covenant retreat the opening reflection was a TedXToronto talk called Leading with Lollipops ([video](#)). In his talk, Drew Dudley encourages us to give a lollipop to someone who has made a difference in our life and to let them know their impact.

Later that afternoon a tall, charming man (you know who you are!) came up to me. With a lollipop. He then recounted something that I had done for him more than 20 years ago when he was a surgery resident at the University Hospital. I have no recollection of this, but he has never forgotten it. I was stunned. It was truly heartwarming. Thank you T.C.Surgeon.

As it's the holiday season, why not create a Candy Cane Moment for someone who may otherwise have no idea how much they have meant to you?  
I can tell you for sure that it would be a really great gift.

The BMJ has a great Christmas edition including Peppa the Pig, wine glass size and Man Flu.

Go to [www.bmj.com](http://www.bmj.com) where Linos and colleagues also present a compilation of embarrassing doctor fails—from inappropriate I love yous to forgetting how a phone works!





Filip Mroz

Here are a few gifts that support wellbeing:



The Idealist's Survival Kit: 75 simple ways to prevent burnout. ([website](#))

By Alessandra Pigni. Intended for humanitarian aid workers but so, so relevant to healthcare.



Website, online courses and useful newsletter from a Canadian physician couple ([here](#))

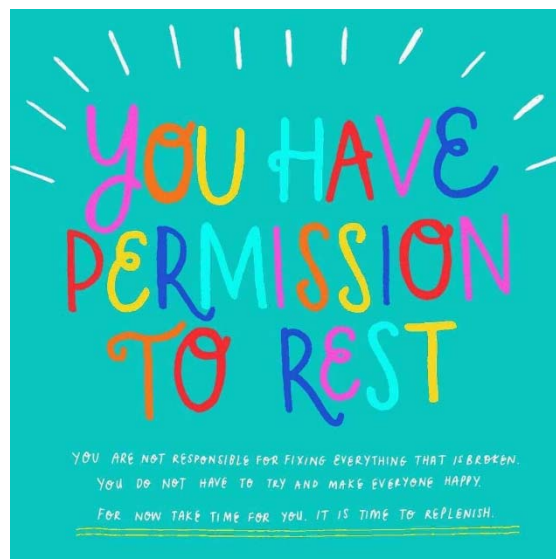


And because our real lives are rarely as perfect as our FB lives...

Click [here](#) for an insightful article from the U of A about holiday emotions.



Finally, for all those rare perfectionist, overachieving people pleasers amongst us...



Wishing all my readers very Happy Holidays with time to relax with friends and family,

Thank you for reading,

Sue

Sue Reid

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