



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: January Newsletter

— Happy New Year everyone,

I will spare you a discussion of Resolutions... but this short piece by UK poet Brian Bilston

"My resolutions will not be televised" is entertaining ([link](#))

"In 2017, Pursue Meaning Instead of Happiness" makes some good points ([link](#))

2017 is a big year for me as I turn the big Six Ohhhhhh !
If ever there was an age to be oneself, I think 60 is it.

Time to fully express my Super Power, SO this year I will be SuE!
Not a typo, this is the old Sue with Extra Enthusiasm!
(Sorry Grey Nuns, but you have had 3 months respite.)

Churchill said "Success is going from failure to failure without loss of enthusiasm!"
So after the fairly spectacular failure of the retreat, I am enthusiastically continuing with the online efforts.

Thank you to everyone who sent me supportive feedback and encouragement.
As you can see, the chatty general Wellness newsletter continues.
Mid-month I will also send out a brief referenced article on a specific wellness topic.
Both will be archived on the [website](#).

- January focuses on Physician Burnout.
- February will address Substance Abuse to complement the Feb CJA issue.
Please [click here](#) for the online CJA editorial The Physician at Risk.

Please [click here](#) to email your suggestions for future topics.



Festive Bird by Inuk artist Pitseolak Ashoona



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Unfortunately, we can't set up an online forum/comments area on the website.

Or can we? Anyone?

In the meantime, I can share information sent to me.

Thanks to Dr Seal for "The Good Enough Parent" JAMA ([link](#))

Anesthesia Book Club will continue with enthusiasm this year.

Hopefully with a few more people.

We will discuss: Being Mortal by Atul Gawande

Date: Monday, January 16 at my home ([map](#))

Time: 1830

Drinks and pizza provided

To RSVP please [click here](#)

Our March book is "DRIVE: The surprising truth of what motivates us" by: Daniel H Pink.

Date TBA

This coffee image is from my new Twitter friends @StGgas from St Georges anesthesia dept in London, UK.

But if, like me, a cup of tea is more your... cup of tea... here is George Orwell on How to Brew the perfect cuppa!

From the excellent [BrainPickings.org](#)

"What doesn't kill you gives you a lot of unhealthy coping mechanisms and a really dark sense of humour"

Here's to healthy coping skills, inclusive humour dark or light and an enthusiastic start to a successful 2017!

Warmest wishes,

SuE

Sue Reid

Director, Office of Staff Wellbeing

Department of Anesthesiology & Pain Medicine

