

Hello everyone,

Almost missed my own May deadline!  
So jumping straight in with the important stuff.

## Crazy Socks 4 Docs Day is Friday 7 June.

CrazySocks4Docs was founded by Dr Geoff Toogood.  
"It all started when I wore odd socks to work one day in 2016.  
I was sniggered at behind my back...  
going 'crazy' again, was the conversation.  
No one reached out; there was just the back chat."  
Full story [HERE](#)



The Mastering Intensive Care Podcast Episode #44 [HERE](#)  
features Dr Toogood. It has good reviews. I haven't listened yet.

#CrazySocks4Docs is about raising awareness of the mental health of all doctors and health practitioners around the world.  
More info at [www.crazysocks4docs.com.au](http://www.crazysocks4docs.com.au) [HERE](#) and then follow these steps to get involved!



### STEP 1

Find some really crazy colored socks.  
Put them on.

### STEP 2

Take a photo of those socks  
or you in those socks.

### STEP 3

Post the photo on social media.

#crazysocks4docs  
#socks4docs



## Suicide is an occupational hazard for physicians.

Suicide is the only cause of mortality that is higher in physicians than non physicians.

Dr Michael Myers addressed Physician Suicide at the recent Australian medical Association meeting [HERE](#)

Starts at 1.00 mark duration 25 mins.

Just prior to his talk, there is a Pythonesque segment where the moderator is speaking while a series of men walk directly behind him setting up chairs for the stage! Several times. It's pretty funny.

Dr Myers spoke on physician suicide at a WellDocAlberta event in Calgary. His responses to audience questions are on the WellDocAlberta site [HERE](#)

## #CrazySocks4Docs at the Grey Nuns Hospital on Friday June 7

Here's how to take part.

**Wear your crazy socks**

**Find me in the front foyer 10.00 - 14 00** (Tea and chocolate welcome!)

**Take a selfie of your socks & post on #SoMe**

Then enter the draw to **WIN** some funky socks generously donated by [Kunitz Shoes](#).

Check out this community minded family business and their gorgeous shoes [HERE](#).

Honestly they are a big part of why I am still working ... !

We are also publicizing the Grey Nuns Physician Peer Support Program on June 7.

More on this initiative [HERE](#)



If this is triggering for you please remember support is always available.  
You are not alone.

**PFSP Helpline 1.877 767 4637**

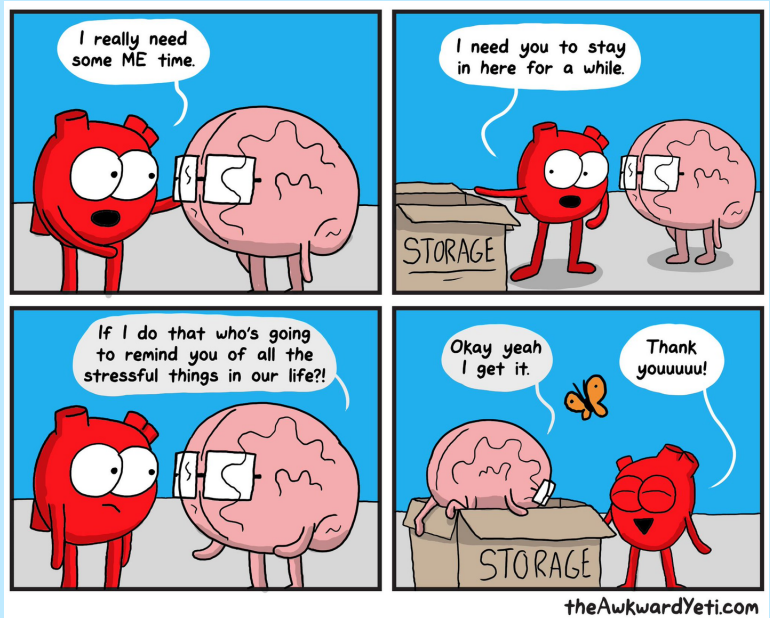
A real person answers the phone 24/7/365

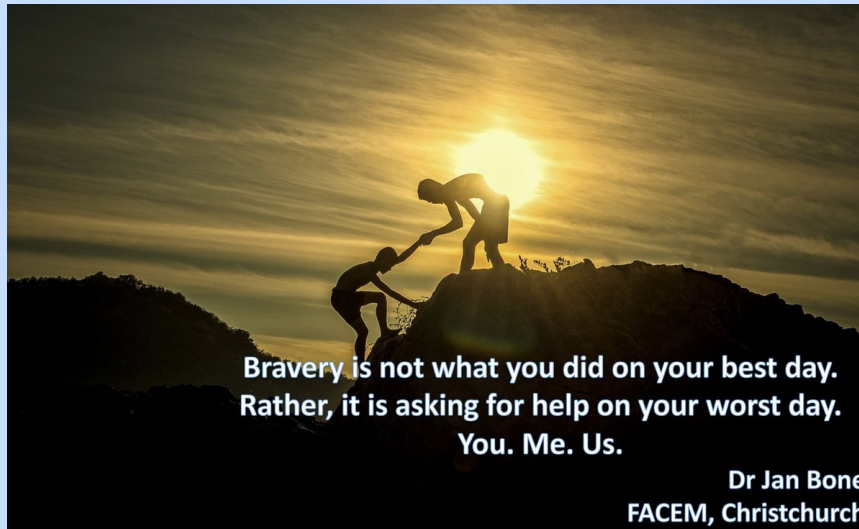
# Skies of Skye





Illustrations from  
 The Art of Surviving Medical Training:  
 An Illustrated Journey  
 Ryan Syrek, MA  
 Full article [HERE](#)





## ED Entomology: A tale from the Resus Room      Dr Clare Skinner

We've all turned to a colleague after a resus and said 'Gosh! That was pretty tough.'

Then the colleague says 'You think that was hard?  
Let me tell you about the time that I did a resuscitative C-section,  
with nothing but a rusty screwdriver and a banana peel,  
while dangling upside down from a helicopter,  
while crocodiles were nipping at my testicles...'

Honestly, that sort of response makes no-one feel good.  
The correct response is 'Yes. That was really tough. Are you okay?'

Full article from the wonderful and wonderfully funny **Dr Clare Skinner** [HERE](#)



## Why Me?      Dr Shahina Braganza

I discovered that day that I was UNMESSWITHABLE.

Unmesswithable, or its far more effective synonym unf\*withable, is an adjective that describes that state when you are truly at peace with yourself, and nothing anyone says or does bothers you, and no negativity can touch you. That state where you recognize that nothing has meaning apart from the meaning you choose to give it.

Full piece from my friend on NOWEM Blog [HERE](#)

If you prefer the audio is on SoundCloud [HERE](#)



**Hope begins in the dark,  
the stubborn hope that if you just show up and try to do the right thing,  
the dawn will come.  
You wait and watch and work: you don't give up.**

Anne Lamott (Thx Dr Myers)



**"All dogs are therapy dogs.  
The majority of them are just freelancing."**

This photo of the Dog Whisperer appears to suggest that a significant amount of dog therapy is required to be married to me!

Association is not causation, right?



Thank you so much for reading,

All good things,  
with my love,  
Sue

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PS.  
FYI Clowning is So Much FUN!

