



# Sue's News



June 2019

Hello everyone,

Really proud of our **CrazySocks4Docs** day at GNH on June 7.  
Was there. Did that. Plus wore the T shirt!

**THANK YOU** to everyone who showed up, wore socks, posted, shared and came to the lobby to visit my booth.  
Special thanks to Dr Kropelin who brought me tea. (It was Earl Grey.. but it's the thought that counts Bruce!)  
Shout again out to **Kunitz Shoes** for sock gift baskets and to the **Print Machine** on Gateway for great service and gentle advice to choose the loser fitting shirt!

Let's keep the conversations going. New article by Dr Michael Myers on ToMedicineWithLove website [HERE](#)



## We are all HUMAN

These are our **OCCUPATIONS**

- Nurse
- Doctor
- Pharmacist
- Radiology tech
- EMT
- Occupational therapist
- Paramedic
- Dietician
- Respiratory technician
- Physiotherapist
- Lab technician

It's OK  
to say  
I'm NOT OK



Its OK  
to  
Ask for help

Start a conversation to  
**STOP** the **STIGMA**  
around mental illness  
in healthcare.

We are all HUMAN

Dr Chua - Ob/Gyn  
blissfully unaware of what's in store  
at his Appreciation Party later.  
Video in next newsletter!





**#CRAZY SOCKS 4 DOCS**

June 7 is Crazy Socks 4 Docs Day

Provide movement supporting conversations about mental health for doctors & ALL Health Care Professionals. EVERYONE is invited to reduce stigma around mental illness.

**Wear your Funkiest socks to work**

Take a photo

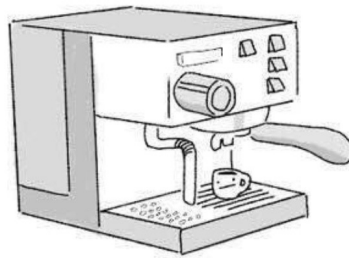
Post on Social media #crazysocks4docs



# WHAT YOUR COFFEE PREPARATION METHOD SAYS ABOUT YOU



NOT REALLY INTO  
ABSTRACT ART



HAS A NEW YORKER  
SUBSCRIPTION BUT  
HAS NEVER READ IT



FACE THE FACTS:  
YOU'RE FAKING  
FANCY



HAS A NEW YORKER  
SUBSCRIPTION AND  
SOMEHOW READS IT



BELIEVES VINYL IS  
ALWAYS HIGHER  
QUALITY DESPITE  
CONFLICTING  
EVIDENCE



UNBEARABLE  
YOUNG SNOB  
OR GERIATRIC  
ITALIAN



WHO HURT YOU

@Tommy Siegel



I'm in Boston next week for the Writing, Publishing and Social Media for Healthcare Professionals Course. Which means you may be reading a better newsletter in the future, but also means I'm away for the CAS meeting.

I believe there are spaces available for the pre conference workshops. Details [HERE](#)  
I highly recommend these well being themed sessions lead by **Dr Mamta Gautam**.

**Turning Burnout into Joy**

Friday, June 21, 2019

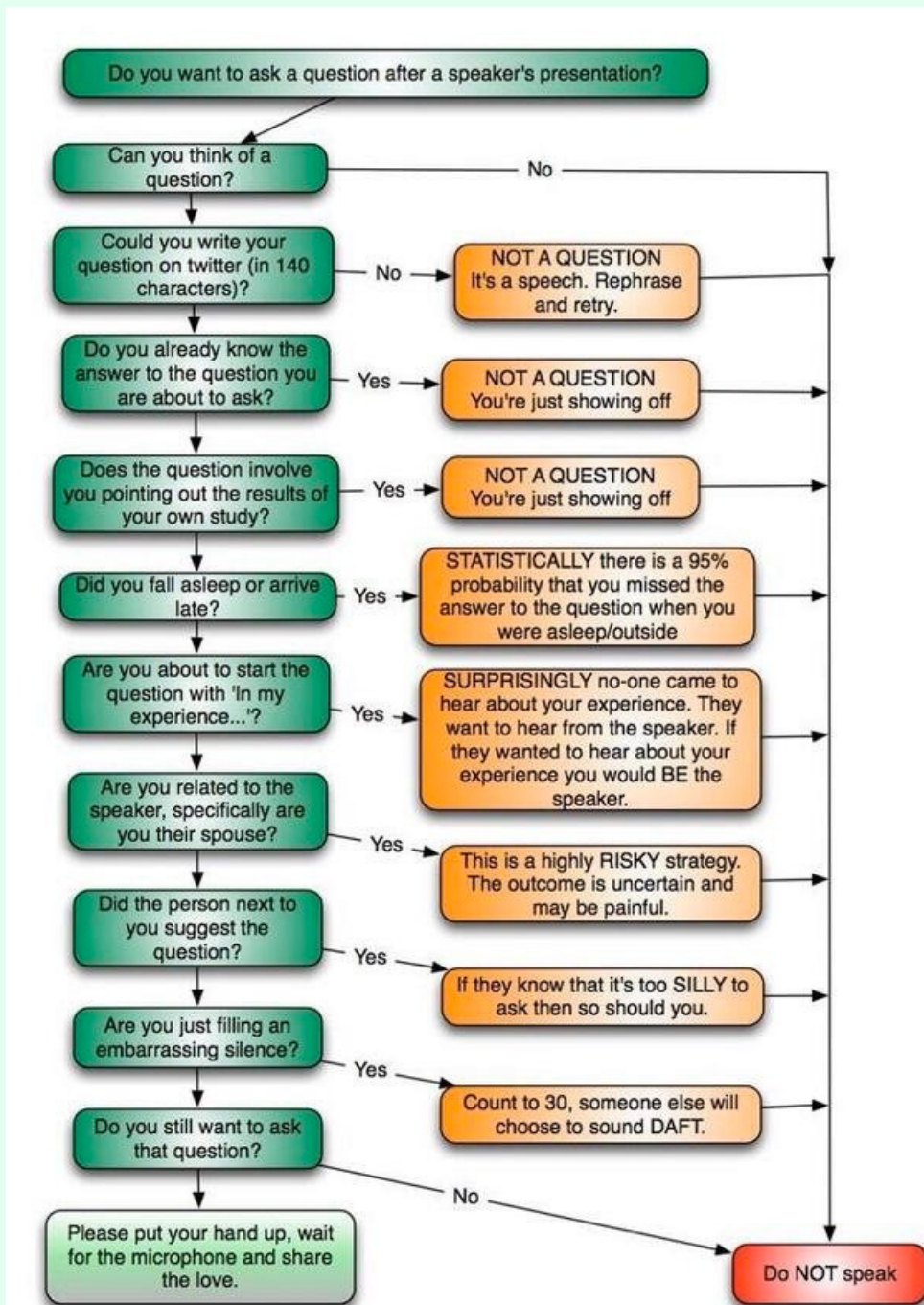
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**Achieving Well-Being Throughout and at End of Practice**

Friday, June 21, 2019

13:00 – 16:30

If you are attending the conference here's a **Handy Guide to Asking Questions!**





I respectfully share this piece by Canadian physician and writer Dr Mary Fernando. **"How Long Does Grief Last?"** describes the loss of her dearest friend to cancer.

Heartbreaking, human, raw and beautifully written Dr Fernando reminds us to treasure our friendships, and the power of sharing our stories. She says "I will miss Carol for my whole life."

Read [HERE](#)

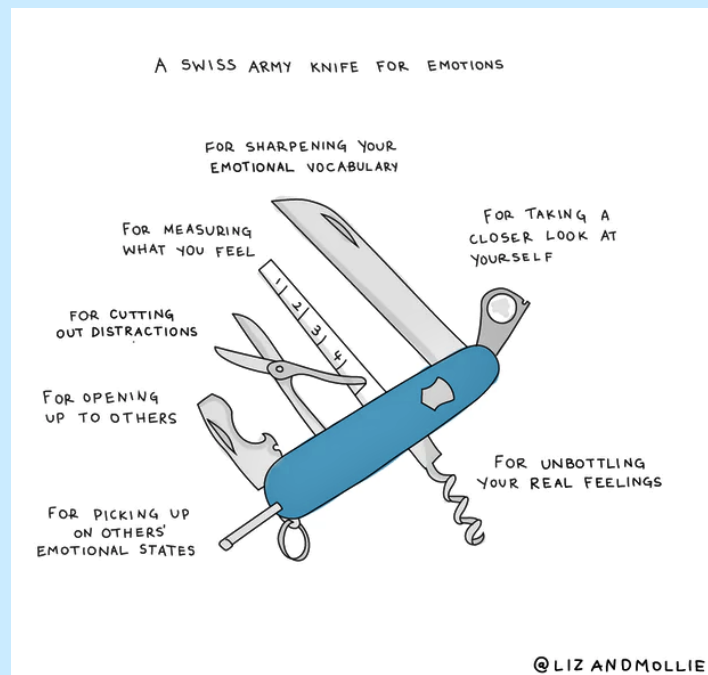
**"Grief, when it comes, is nothing like we expect it to be,"** Joan Didion

Do you briefly scan the CPSA Messenger and move on .... yup me too!  
But this caught my attention.

**The Importance of Emotional Intelligence for physicians and physician leaders. Dr Scott McLeod**

"From a clinical perspective, one of the things we tend to hear from patients is that doctors don't care about them anymore—that physicians have lost the sense of compassion patients need when they're unwell. Conversely, we hear about physicians suffering with compassion fatigue and burnout. Is it that physicians are too compassionate? Or have we been ignoring or suppressing normal, human emotions for too long? I don't know the answer, but we may want to start thinking more about it."

I have no doubt that we have been suppressing our human emotions for far too long. In case you accidentally deleted it from your Inbox, Dr Scott's piece is [HERE](#)  
Very worthwhile to read the responses too.





I featured **The Lost Words** book by Robert Macfarlane and Jackie Morris in my March Newsletter [HERE](#)  
There is now an accompanying The Lost Words: Spell Songs album.

**We need new dreamers to find a new way,  
new stories to shape the future,  
new songs, always, new songs.**

Jackie Morris

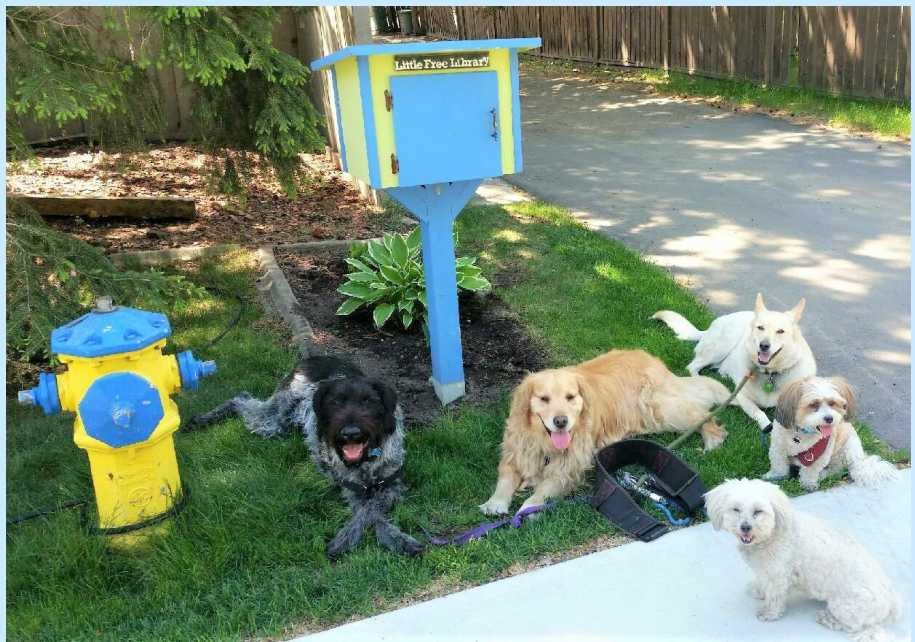


"This is **The Lost Words Blessing**.

For those who are struggling to cope with the news about climate change, I hope this brings you peace of mind to see a clear way forward, courage to make changes, to know you aren't alone. It's a call to link arms and stand against those who deny, those who make false gods of money."

Watch/listen [HERE](#)

J.M.



**Caption anyone?**



Thank you so much for reading,

All good things and my love,

Sue