



## From the Director of the Office of Staff Wellbeing



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

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### From the Director of the Office of Staff Wellbeing: Wellness Newsletter & Survey

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Hello everyone,

It's summer, the sun is shining, it's time to chill and relax... but first, please, please take 5 minutes to fill out the Wellness Survey <http://goo.gl/forms/BaBjxt47hTTPMo7n1>.

I am keen to research and share relevant, creative, evidence based wellness resources, but I need to know what each of you may want/need and what formats work for you. So thank you all in advance for filling out this confidential survey. I plan to report back next month.

We have Wellness reps for the residency program, the Grey Nuns, Stollery and the University sites. If you are based at one of the other sites and are interested in developing this role, please email me at [susanjeanreid@gmail.com](mailto:susanjeanreid@gmail.com).

I am in Amsterdam for 2 weeks, and couldn't find an appropriate Amsterdam related quote on wellness, so I am reduced to my bumper sticker! It exists to stop me breaking into Dr Freed's BMW by mistake... (I have a Honda Civic, what can I say!)

*"Don't believe everything you think"*

Warm wishes,

Sue Reid  
Director, Office of Staff Wellbeing  
Department of Anesthesiology & Pain Medicine

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