

SUE'S NEWS

Love and Friendship

Feb 2018



Javier Ramos

Hello everyone,

New month, new look, similar content ... but sadly, having resigned from the Wellbeing Director role, I no longer have access to Michelle's creative and technical expertise. Thank you all for your encouragement to continue producing this. I love doing it and am delighted that it is enjoyed by so many. The newsletter will continue to be archived on the dept website. If you have difficulty with links etc. please let me know.

Segueing from the image above, here's a big shoutout for our brand new website www.sleepingbeautiescanada.ca Created by my good friend Dr Jen Klinck, it includes wellbeing and anesthesia topics of interest to all of us. Please check out the site and read Dr Klinck's insightful posts on #Metooinmedicine and also Women in Medicine [here](#).

In the Dec issue of the CJA Dr Ron George promoted the power of social media and the benefits of Twitter for physicians. I also believe that personal connections that can be forged within the #SoMe realm, especially around shared issues such as physician health. But much as I appreciate my Twitter buddies online, meeting them in real life is even better.



Hannah Rodrigo

55% of anesthesiologists say they have **3 or less** close friends.

Same % as pathologists, intensivists & radiologists.

Medscape 2018

The Edmonton Sleeping Beauties anesthesiology group and the Grey Nuns female OR physicians group (aka the S.I.N. Sisters!) are examples of the long tradition of supportive female friendship. But what about our male colleagues? We are all human. We all need friends. Real, gritty, human, face to face, warts-and-all friends.

Friendship scholar Geoffrey Greif says that most heterosexual men have “shoulder-to-shoulder” friendships which consist of doing things together rather than self disclosure. Courtney Martin explores the positive impact of significant friendships on our health and longevity [here](#).

Mansplaining is: "explaining something to someone, typically a man to woman, in a manner regarded as condescending or patronizing." Rebecca Solnit says it is due to "overconfidence and cluelessness"

A male colleague says that we must find a way to involve men in the wellness paradigm. Being pretty clueless about men, I don't have a solution, but a really good start is that Dan Gray and Mark Simmonds have stepped up as wellness reps for the University. They know about the value of wellbeing and male friendship, having shared crazy physical challenges, (look up the Snowman Trek), quirky humor and an emotional connection for years. So glad they are joining the wellbeing conversation.



Philip Veater

"In the Celtic tradition, there is a beautiful understanding of love and friendship.
One of the fascinating ideas here is the idea of soul-love;
the old Gaelic term for this is anam cara.
Anam is the Gaelic word for soul and cara is the word for friend."

John O'Donohue



Robert Ruggiero

Recently I have had the unexpected delight of connecting with a new friend, who truly is my soul sister. She is the inspiration for this issue. Full disclosure ... she is a cat person, but you can't have everything! Serendipitously I came across an article called "Friendship is the last great romance". **Here** Courtney Martin describes her experience of falling into this kind of deep friendship as "a way to feel continually alive".

In the past, I have frequently been too busy/tired/miserable/mad/lazy/self-absorbed/ to make time for my friends. John O'Donohue reminds us of the foolishness of that behavior.

"when you realize how vital to your whole spirit — and being and character and mind and health — friendship actually is, you will take time for it... [But] for so many of us ... we have to be in trouble before we remember what's essential... It's one of the lonelinesses of humans that you hold on desperately to things that make you miserable and ... you only realize what you have when you're almost about to lose it."

More from John O' Donohue on Maria Popova's fabulous BrainPickings website **here**

Our next drop in **GAS Café** is **TUES 27 FEB 1900 - 2100** at **Square One**.

Come out, have a laugh and connect with old and new friends across the city.



"A really good friend
makes you snort when you laugh
and will still hang out with you
when you do it in public"

C.G.Designs




"A friend ...
awakens your life
in order to free
the wild possibilities
within you"

John O'Donohue

Thank you for reading,
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