



From the Director of the Office of Staff Wellbeing



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

Sue's News: February Newsletter


"It's no use being cynical; you can't keep up." Lily Tomlin
In that spirit, our February newsletter is devoted to LOVE in all its many forms.



Sunday Papers by Scottish artist Dorothy Stirling

— Hello everyone,

Last week I attended Dr Mark Simmonds' Chronic Pain rounds "I am human: Cultivating Mindful Self Compassion". One point was that if we don't feel compassion for ourselves we cannot be truly compassionate to others. The idea of **LOVING** oneself may appear very touchy feely, but the opposite isn't usually that helpful. The Inner Critic is alive and well for many of us, especially during residency.

 A 6 minute video summary by Dr Kristen Neff on The 3 Components of Self Compassion



Maria Popova with a complementary discussion from her excellent blog



What about **LOVE of our work**? This is a thoughtful 3 minute video by Dr Paddy Barrett on medicine as a job or a calling and how that may impact burnout.

Continuing the theme of **LOVE** here is "The missing piece meets the big O" by the wonderful Shel Silverstein ([click here](#) for abbreviated version of story)

"I didn't know you were going to grow."

"I didn't know it either," said the missing piece.





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"It's a story especially poignant for those of us who have ever suffered from Savior Syndrome or Victim Syndrome and sought a partner to either fix or be fixed by, the result of which is often disastrous, always disappointing, and never salvation or true love."

M.Popova

***"Being listened to is so close to being LOVED
that most people cannot tell the difference."*** David Oxberg

Well, here is your chance to be listened to. And I would LOVE YOU to participate!

I want to interview individual staff anesthesiologists about their lives and careers. To hear about the highs, the lows, how you sustain your career, wellness strategies, anything that you think could be useful for the rest of us. We have a wealth of diverse life and work experience and wisdom in our Edmonton group. Let's share it with each other.

We begin in March with a composite article from a group of anesthesia colleagues in their first 5 years of practice. Then I plan to create a series of audio podcasts linked to the newsletter and archived on the website. Dr Lucy Entwistle will be our first guest. If you have questions for Dr Entwistle or would like to be a future guest please contact me[here](#).

Remember that the podcasts will be freely accessible on the University website. If you prefer we can create an anonymous written piece instead, but I would like to explore the podcast format.

Happy Valentine's Day in advance, (that's Feb 14thyou're welcome!)

Thanks for reading,

Sue

Sue Reid ([@susanjeanreid](#))
Director, Office of Staff Wellbeing Department of
Anesthesiology & Pain Medicine