



From the Director of the Office of Staff Wellbeing



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

Sue's News: May Newsletter

— Hello everyone,

Ok. The rumors are trueI have entered my seventh decade!

Turning 60 sounds relatively Youthful in comparison.

I believe I now get reduced theatre tickets, and become Officially Invisible.

Conveniently the Spring issue of [Physician Family](#), focusses on preparation for retirement! Amongst other things.

"Gratitude" is a buzzy wellness and self help word along with "Mindfulness" etc. I am well aware that many of us reach for Zofran at the very suggestion of these topics.

So I won't use the "G" word, but simply share with you a few of my favourite things in the hope that they trigger you to think about yours. We can all benefit from those positive endorphins. And maybe experience a little lower case "g"!

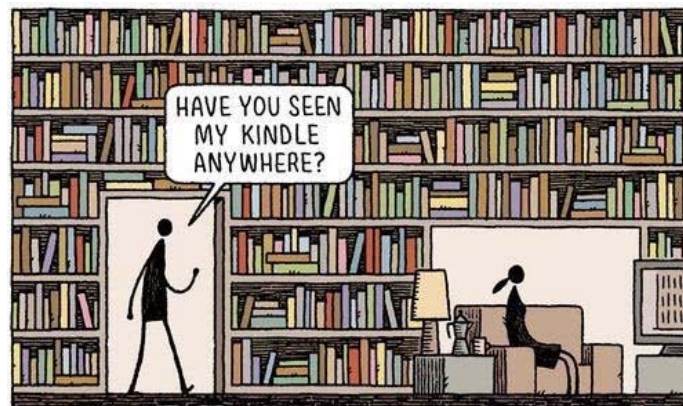
Tim is shy and thinks that I have no boundaries or sense of privacy, so I am deliberately omitting family stuff. And relationship stuff. And sex..... Although Anyway, moving swiftly on

Some things I am grateful for:

Edmonton Public Library

The staff and the fabulous interlibrary loan service.

All independent book shops. Second hand book shops. Beautifully illustrated children's books. Bookbinding. Handmade books. Pretty much anything to do with books. In a word, **BOOKS!**



TOM GAULD

Twitter! Seriously. If you don't Tweet you can't judge!

Edmonton. The river valley, 124 Street, cafes, theatre, Farmers Markets, the French Quarter, Shakespeare in the Park, the Symphony, the art galleries and independent businesses and restaurants.

Girl stuff. Purses. Hand made. Also shoes. Not hand made.

All dogs, but especially Labs and (guilty secret) Pomeranians! Not purse dogs though....

Hiking in Nepal and the UK. Coastal walking.

Travel especially to Nepal, New Mexico, West Coast, UK, Amsterdam, Big Sur.



Annapurna Base Camp

Afternoon tea and cake anywhere in the world. It was fabulous in Buenos Aires.

My **orthopod** for my new hip, my **plastic surgeon** for my Lat Dorsi recon and my fab **anesthesiologists** for taking care of me. Thank you Paul, James, Dayna, Kendall and Laurie. Eternally grateful.

My Beyond-Wonderful Family Doc, expert, patient, straightforward and supportive.

Thank you Michelle. Here's a typical visit,

ME "I'm feeling Really Good after being off work for 4 months rehabbing my hip, so I'll just stop my anti depressant right?"

B.W.F.D. " Hmmmmm ..how about we wait and see how you get on when you are back at work? You know..... change one thing at a time"

FYI. Still taking it. Surprise!

Feel mostly good, sometimes great. But not all day every day.

If you are anxious/depressed please, please see your physician. Or call the PFSP or your local Physician Help Line. I wasted an Awful Lot of Time feeling anxious and unconfident. Life really is too short for that.

"Reasons to Stay Alive" is Matt Haig's very candid book about his experience of depression. He is an English author who also wrote a cool novel called The Humans. Highly recommended. Here's a short poem.

Self-help

"How to stop time: kiss.
How to travel in time: read.
How to escape time: music.
How to feel time: write.
How to release time: breathe."

[Matt Haig](#)

Headspace, best meditation app for me. When I use it. This piece accurately describes some of my feelings around not doing what I know is good for me ([link](#)).

The Arts. Writing, dance, poetry, art. Theatre especially the **Edmonton Fringe**. It's the 3rd week of August each year people. Email me if you want ideas about actually Seeing a Fringe Play! Better still come with me. The beer tents and outdoor stuff are fun but the indoor plays a whole other experience.



Friends ... you know who you are! Especially my supportive Sleeping Beauties tribe. Positive, enthusiastic, open minded people.



I love and very much appreciate, **my friends and colleagues at the Grey Nuns**. We are a real work family. Supportive, fun, difficult, irritating, crazy making but united in our commitment to provide excellent patient care while also taking care of ourselves. And each other.

And hopefully having a laugh together while we are at it. Thank you guys. Always remember to put your own oxygen mask on first and connect the O2! And in the spirit of having a laugh I will finish with the [Original Anesthesia Hymn](#).

More than enough about me, what about you? Who/what do you like/love/appreciate? What makes you laugh? Honestly I really was sitting here with a grin on my face as I typed this, so do give it a try.

Finally, this is the end of my first year in this Wellness role.

You know that old saying about doing something that you love means it doesn't feel like work? well that is exactly how I feel about this role.

My sincere thanks to everyone who has given me support, feedback and suggestions. Your encouraging emails magically appear just when I need them. I hope that your wellness reps and I are providing something useful for our group and beyond. And maybe creating an increased sense of community.

" we should be careful of each other, we should be kind, while there is still time."

Philip Larkin.

Spring in England



Alnick Castle

Bluebell Woods



Martyn Jones

Thank you for reading, Sue

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