



## From the Director of the Office of Staff Wellbeing



UNIVERSITY OF ALBERTA  
FACULTY OF MEDICINE & DENTISTRY  
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### Sue's News: November Newsletter

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■ Hello everyone,

*Sometimes, the antidote to exhaustion is not rest, but wholeheartedness.*

David Steindl-Rast



Mark A Pearce

This used to be one of my favourite quotes, now I am not so sure.  
Edmonton writer Shawna Lemay discusses it [here](#).

However, in the hands of a Type A, over achieving perfectionist, even advice from a Benedictine monk can go very wrong.

As some of you know, My Carefully Curated Career sometimes follows a sinusoidal curve from Workaholism to Quitting and back again. Often within 24 hours.

In the tradition of sharing our mistakes to prevent others from experiencing the same issue I will reveal the Dark Side of Passion. Not 50 Shades of Grey, just describing what can happen when enthusiasm and passion become workaholism. Even in the name of Wellness!

Recently I travelled to 2 conferences, created and delivered 2 presentations, and spent every waking moment of my vacation focused on wellness!

And then came back to 10 hour OR days.

Here are Sue's Signs of Stress:

**Body.** Develops strange rash NYD by self, GP or Google.

**Mind.** Loses car keys, wallet, billing, car keys,..... car.

Mistakes own daughter for a new anesthesia resident. True story, ask any Sleeping Beauty.

**Self-care.** Abandons exercise. Excessive chocolate ingestion.

Pinot Grigio features a little too often.

**Relationships.** Tim unfairly accuses me of spending all 3 vacation weeks on work (wellness work!). Not true. Saw dentist.

So, as a Wellbeing Advocate ..... I am taking a prolonged break from over performing.

No new commitments. Newsletter, GAS Café and Sleeping Beauties continue.

And the Sleeping Beauties website will be up in 2018.

Please support your Wellness Champions who also work hard to creatively support wellness at each site.

I am a lifelong hero worshipper; here are a couple of my recent heroes and links to their work.

**Dr Jo Shapiro** is an ENT surgeon and Director of the Office of Professionalism and Peer Support at Brigham. I met this inspirational physician at the American Physician Health conference.

I hope to bring her to Edmonton to run a physician peer support workshop in June 2018.

This 12 minute [video](#) is really worthwhile. Make sure you catch the brilliant poem at the end.

Wellness concerns for ER docs have some similarities to ours in anesthesia.

**Dr Shahina Braganza** is an Australian ER physician, an excellent writer and has a useful blog.

"If we are in the business of caring for people, surely we must more overtly care for each other. And an inherent aspect of this is caring for ourselves." More practical wisdom [here](#).

## What's happening this month?

**FRI NOV 17** is Change Day AB.  
Check out Dr Auld's team **I'm In**.  
Join us and make your pledge [here](#).



**FRI/SAT NOV 24/25** is RAH Patient & Provider Experience Summit.  
Excellent speakers from Edmonton and the Cleveland Clinic.  
Registration is for both days, but you can give one day to someone else.  
Check out the program [here](#).

**WED NOV 29** GAS Café returns to Square One ([map](#))  
Drop in 1900 – 2030 I will be drinking coffee not wine!



**SUN NOV 26** is Stir Up Sunday. Make a wish as you stir your Xmas pudding! (read about it [here](#))

Meanwhile I am going to try to remember this quote from Sharon Salzberg.  
You yourself, as much as anybody in the entire universe, deserve your love and affection.

Thank you for reading,

Sue

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