



From the Director of the Office of Staff Wellbeing



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

Sue's News: January Newsletter

Happy New Year everyone!



Justin Sinclair

I hope you had time to relax and recoup over the holidays.

My New Year began with my annual physical on Jan 2nd. What was I thinking? My lovely Family Physician played down my holiday weight gain and wrote “working on it” for exercise. Applying my go to stress management tools, I went home and finished off the Quality Street! And the Allsorts.

My 2018 resolution is to set limits on my work related commitments. And yes, I can hear that cynical laugh from my husband! I’m serious though.

Here are my criteria:

Is this a fun opportunity that brings me joy? It’s a **YES!**

Will my contribution have a good chance to influence positive change? **YES!**

If not: Open mouth. Say **No**. Close mouth. (Thank you Dr Mamta Gautam)

ONE QUESTION FOR EDMONTON STAFF ANESTHESIOLOGISTS.

When Dr Shaw arrives in March, we will discuss my role within our Wellbeing initiative. Last year Dr Rashid asked me to suggest one thing the Department Chair could do to support our group's wellbeing. So I am asking all of you!

Please email me your suggestions and any other feedback about the wellness position.
susanjeanreid@gmail.com

I'm now a member of the Physician and Family Support Program's Advisory Committee of the AMA. We meet in March so if you have input for the PFSP do contact me.

Recently a friend said that she used to have hobbies, but now realizes that for years medicine has become her only hobby. For the last 18 months or more, I too have foolishly allowed non-clinical work to take over all my spare time.

I learned to weave while recovering from my mastectomy and during my THR rehab I took bookbinding and book making classes. One of the teachers remarked that it's a shame if you can only spare time for creative interests when sick.....

This [article](#) profiles 5 physicians who have maintained a variety of hobbies.



The Stanford anesthesia group have created an annual family friendly Soiree where they showcase their talents and interests for each other (read about it [here](#)). Dr Audrey Shafer told me that they have also tried art making together. With wine!



I know that there are many Edmonton anesthesiologists who pursue their creative passions in music, singing, photography, fibre arts and more. I would love for us to create a Stanford type event.

This is an original story and handmade book I made for a dear friend when she left the Grey Nuns. We aren't talking perfection here!

Community is central to physician wellbeing. To me community means us connecting as people beyond the OR and retaining our human connections at work. Segue to ...

The **GAS CAFÉ** is back on **Tuesday Jan 30th** at Square One Coffee ([map](#)).

I have enthusiastically/rashly reserved the community table, so please do join me. No need to RSVP, just drop by any time between 1900 – 2100.

New for 2018: politics and venting are only allowed for the first 15 mins! Then let's focus on **Great Anesthesia Solutions**. A place to share positive ideas and experiences to support our wellbeing at work and beyond.

And maybe plan a Soiree?



Gas Café Nov 2017

To start off the New Year here are two inspirational pieces about kindness.

In the BMJ ([here](#)), from Dr Matt Morgan and our very own, very kind Dr Peter Brindley. "The commencement address that nobody asked for, everybody's free to be kind".

And this beautiful post from Edmonton poet Shawna Lemay ([here](#)).

Finally, from www.headspace.com something to consider.

My Best Wishes for 2018,
Thank you so much for reading,
Sue

Sue Reid
Director, Office of Staff Wellbeing
Department of Anesthesiology & Pain Medicine
Twitter: [@susanjeanreid](https://twitter.com/susanjeanreid)

