



From the Director of the Office of Staff Wellbeing



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

From the Director of the Office of Staff Wellbeing: Holiday Newsletter

— Holiday Greetings everyone!

This is my ideal winter afternoon with a fire, wine, loads of books and lovely dog replacing the fox of course!

Have to say this year is a little weird as being off work with Shiny New Hip, I actually have Time.

Time to read, decorate the house, wrap gifts, contemplate baking (let's not get too carried away here) etc etc. Instead of the usual mad rushing. So with that Time I have found a few things that you might enjoy or find useful.



No socks! Although, there are some great locally made ones about So here goes, and as we are not sitting in that awkward circle opening these gifts face to faceyou can like, loathe, immediately re-gift or delete with impunity!



I love short stories and if you do, [click here](#) for a range of holiday themed ones from the UK.

We know that this time of year can be stressful and sad, even when we don't have this recent dreary, grey English weather. (We are using a Light Box in our house with positive effect) And Tim is confidently looking forward to the mood improving impact of my return to work!

[Click here](#) for an article from the author Matt Haig about depression at Xmas and the impact of simple human kindness.



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Moving on from the Twitter nagging to meditation.

Headspace (www.Headspace.com) is the best meditation app in my opinion. I have no financial interest in Headspace other than having a lifetime subscription.

Full disclosure... I am a little bit in love with the creator Andy Puddicombe though! It is secular, practical, straightforward and versatile.

Try it for free.

You can also gift it, track your progress, buddy up with someone for encouragement. (me if you like!)

It would be a great present (pun intended) and you never know, it could change a life!

[Click here](#) for a useful article from Dr Sara Taylor on managing stress over the holidays.



"You can be a good person with a kind heart and still say no" Anon.

If you made it this far, thank you for reading!
In the New Year we will look at the Jan CJA articles on physician wellness, substance abuse and the biology of addiction, Feb will include the imposter syndrome, and more. Suggestions and feedback always welcome to susanjeanreid@gmail.com

My warmest wishes to you and yours for a Happy and Jolly Holiday Season!

All good things, Sue

Sue Reid
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