



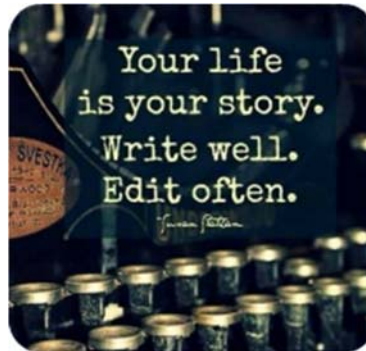
From the Director of the Office of Staff Wellbeing



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

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

— Hello everyone,



Anesthesia Book Club

Thanks to our trusty Anesthesia Book Club members who came out to discuss "When Breath becomes Air". A small group who had actually read the book, and shared wine, pizza and lively discussion! We will resume in 2017.

Upcoming Event

Hopefully we have all come down from the sugar rush of Halloween and the mountains of surplus candy in the OR! Before we turn around it will be the holidays and the New Year, so....

Please save the date... Edmonton Anesthesia Staff Retreat
Sat 11 February 08:30-16:30
[Alfred H Savage Centre](#) in our beautiful river valley

Topics include burnout, medical marriage, writing for health, medical humour and more. Plan to take this opportunity to learn, laugh and connect with your colleagues through a variety of Out of OR experiences!

Breakfast and lunch provided and significant others are very welcome to attend.

Website

Have you checked out the [Staff Wellbeing page](#) of the website recently?

Michelle has worked unbelievably hard to translate my cryptic/incoherent/constantly changing thoughts into real improvements.

[Newsletters](#) are archived and all [resources](#) more accessible.

Twitter

Here are wellness topics that caught my attention on Twitter recently.

- 🐦 [5 steps to creating a peer group that lifts you up](#)
- 🐦 [8 tips from my non-medicine friends that make me a happier doctor](#)
- 🐦 [10 learnings from 10 years of brain picking](#)
- 🐦 [Growing new eyes: The 3 Question Journal](#)
- 🐦 [Delayed gratification](#)
- 🐦 [Well-being in residency: A systematic review](#) (pdf document)

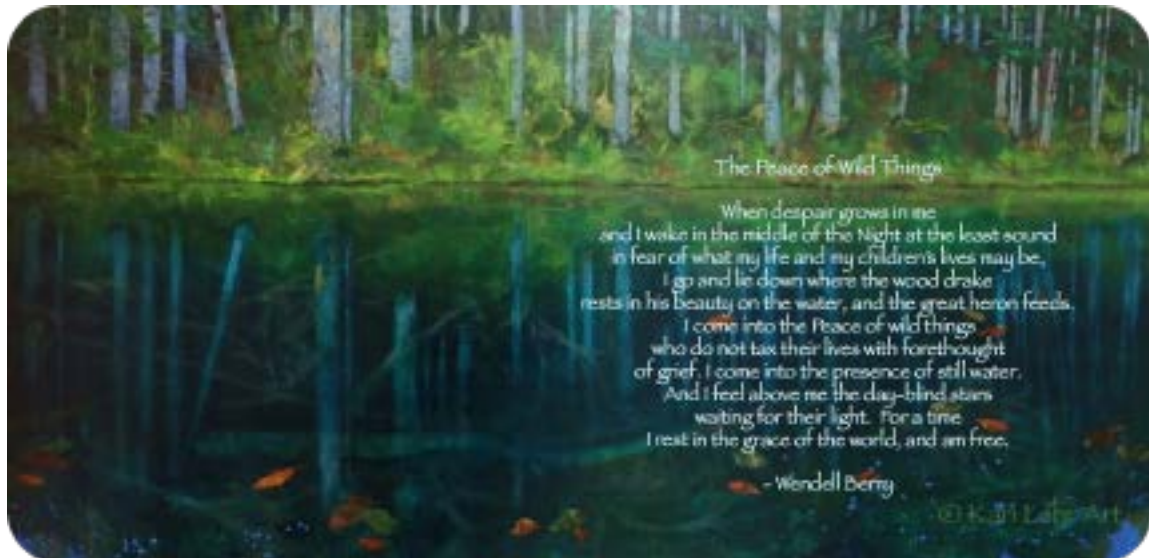
December Newsletter

My December newsletter will focus on staying sane and well over the holiday season. But let's start with this from Womankind magazine:

Goethe once said, "One should, each day, try to hear a little song, read a good poem, see a fine picture, and, if possible, speak a few reasonable words."

So in that spirit here's a poem paired with a painting by Alberta artist Keri Lehr.

Click [here](#) for a clearer view of the poem.



Warm wishes, Sue

Sue Reid
Director, Office of Staff Wellbeing
Department of Anesthesiology & Pain Medicine