



From the Director of the Office of Staff Wellbeing

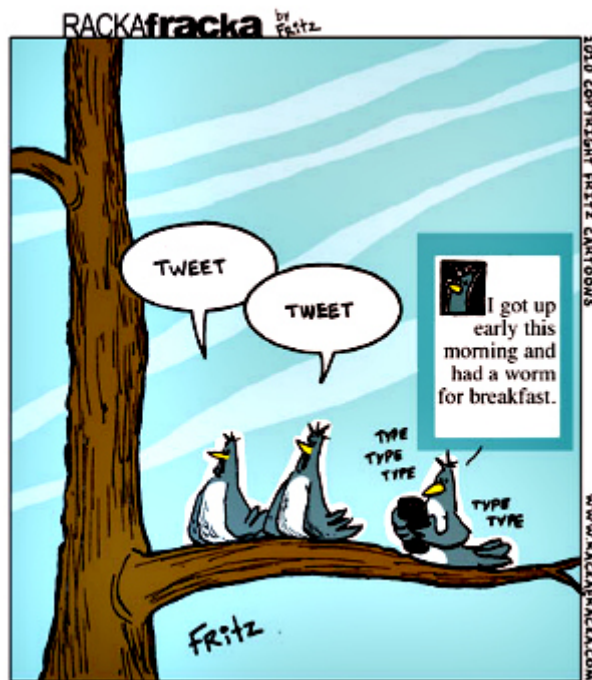


UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY
 Department of Anesthesiology & Pain Medicine

Tuesday, August 16, 2016

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From the Director of the Office of Staff Wellbeing: Wellness Resources Newsletter



■ Hello everyone,

If this cartoon represents your views of Twitter, then you may have missed my tweeted resources on the [updated Wellness page of the Dept Website](#).

Most of the articles can also be accessed below:

Twitter

[How Twitter cured my mid-life crisis](#)

Addiction

[Physician wellness anthology](#)

Coaching in medicine

[Personal Best](#)

Art of medicine/Meaning of medicine

[How do we tell the stories of medicine?](#)

[Remember why you started](#)

[How rarely do we know the healing power of our presence](#)

Redefining balance/resilience

[Less is more](#)

[Building your resilience](#)

Burnout

[The way out of burnout](#)

[Recognizing and surviving burnout](#)

FYI to my male colleagues, Anesthesia Book Club is **not** an undercover branch of the Sleeping Beauties! It is an opportunity for us to get together, share thoughts, ideas, experiences, responses and yes....maybe even feelings! Please consider attending on Wed 14 September. Details [here](#).


Dr Joe Dupuis pointed out that the first concert of the Edmonton Chamber Music Society is also on September 14. So if music is more your thing, you could connect with Joe and others at the concert. More information [here](#).

Any comments, or to RSVP to attend the book club please [email me](#) directly.

All good things, Sue

PS If you haven't heard of the Sleeping Beauties, it is an informal supper club for female staff anesthesiologists in Edmonton. Founded by me many years ago, the Beauties have been sleeping too soundly recently, and are probably due for a wake up call!

Sue Reid
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