



## From the Director of the Office of Staff Wellbeing



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

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### From the Director of the Office of Staff Wellbeing: September Newsletter



■ Hello everyone,

Summer's over, it's a little darker and chillier in the mornings and I am in planning mode. This is to distract me from the imminent personal reality of a walker, raised toilet seat and other indignities!

***"I think we are deprived of many things beyond sleep, which are often the things that define us and nurture us as human beings"***

Dr Louise Aronson, UCSF.

#### **Wellness Retreat**

The Wellness Retreat for anesthesiology staff and partners will address some of the things beyond sleep. It will be held in Edmonton on a Saturday, early **February 2017**. Exact date and location TBA. I am contacting potential speakers, but if you have a suggestion for a speaker/presentation please let me know. Just FYI I have discovered that anyone who has a speaking agent will be way too expensive. I should have gone on the speaking circuit years ago!

#### **Book Club**

It's last call for Book Club on **Wed, September 14 at 18:30**. Only 2 seats remaining to discuss "When Breath becomes Air" by Dr Paul Kalanithi. Details [here](#) . Please RSVP [my email](#).

Real Men can indeed do book clubs, and I am delighted to confirm that several have already signed up. If you can't attend here is a [link](#) to an essay by Dr Kalanithi and a short video about him.


## **RUOK Day**

Finally, today is [RUOK day](#). It is an Australian initiative, but with universal relevance. "It's this lack of connection (or lack of belonging) that we want to prevent. By inspiring people to take the time to ask "are you ok?" and listen, we can help people struggling with life feel connected long before they even think about suicide. It all comes down to regular, face-to-face, meaningful conversations about life. And asking "are you ok?" is a great place to start." Given the prevalence of depression, burnout and suicide in medical students, residents and staff physicians worldwide, taking the time to ask our learners and colleagues "are you OK?" is something we all need to do. Let's start today.



All good things, Sue

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

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[anesthesiology.med.ualberta.ca](http://anesthesiology.med.ualberta.ca)  
2-150 Clinical Sciences Building  
8440 112 Street  
Edmonton, Alberta T6G 2G3

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