



Hello everyone,

How's the festive season going for you so far?

Sue's News Dec 2018

My husband has yet to make his annual declaration about hating the commercialism of Xmas, and I haven't yet looked up last minute flights to the UK.

That's a win in our home, but then again it is only Dec 23!

(correction, now Dec 24th and ..yes I did actually Google Air Canada at a low point yesterday.)

One spectacularly dreadful Xmas I went home post call on Dec 25th, lost it and knocked over our Xmas tree. On Purpose. I am not proud of this..The kids were small. I understand that this is less than ideal parenting. We all survived, they both love the holidays and I share this in hope of lowering the bar on perfection.

Someone once said to me, "I was feeling depressed and then I thought ...you know..

I could be Sue Reid, and I cheered right up!

True Story, you really cannot make this stuff up.

Dr Anne Malatt has wise and practical suggestions to avoid behaving like me [HERE](#).

And Dr Jane Barker also on To Medicine with Love [HERE](#)

A little seasonal indulgence.
Drum Roll Please
Announcing the arrival of
ARCHIE .
Our first grandchild!
Super Cute.





Angelic acts of kindness * Do parachutes cut the risk of death?
 How Mary's boy child may hinder her career * The case for emojis
 Fairy tales coded * Calorie rich food: gifts that last a lifetime
 A fairway to preventing burnout * **PLUS** Sackful of other goodies



In need of a little more CME before Dec 31? The Xmas BMJ is a great resource.

Edmonton's own Dr Peter Brindley with words of Xmas cheer for trainees [HERE](#)

Time to use emojis in medical literature? [HERE](#)

Sharing an act of kindness [HERE](#)

From the Journal of Pediatrics and Child Health:
 Everything is Awesome; Don't forget the Lego
[HERE](#)

I am extrapolating the results to the ingestion of
 Xmas pudding charms.

Intellectually unsound perhaps but comforting!



we searched through poo,
 so you don't have to.



#dontforgetthelego



I know that this can be a very difficult time of year for many of us.

I have experienced both the warmth and the darker side of the holidays.

I have spent Xmas alone, lonely and depressed. I have also celebrated with friends and family still feeling lonely and sad. So I have no answers, but I do know For Sure that there is always, always support and help. We are never alone.

Our Alberta Physician Family Support Program confidential 24 hour line is **1-877-767-4637**

Canada Crisis Line **1-833-456-4566**

International crisis lines **HERE**

There is also a **Canadian crisis TEXT line HERE**

“You will one day experience joy that matches this pain. You will cry euphoric tears at the Beach Boys, you will stare down at a baby’s face as she lies asleep in your lap, you will make great friends, you will eat delicious foods you haven’t tried yet, you will be able to look at a view from a high place and not assess the likelihood of dying from falling. There are books you haven’t read yet that will enrich you, films you will watch while eating extra-large buckets of popcorn, and you will dance and laugh and have sex and go for runs by the river and have late-night conversations and laugh until it hurts. Life is waiting for you. You might be stuck here for a while, but the world isn’t going anywhere. Hang on in there if you can.

Life is always worth it.”

Matt Haig, Reasons to Stay Alive



"An almond! I thought we'd agreed—nothing extravagant."



And off we go!

I wish you and yours a
Happy Holiday Season.

Most of all I hope that each of us experience
a moment of peace and connection with our
imperfect, human selves and those
annoyingly imperfect people around us!

Dogs, of course, are Perfect!



Tea Tray Toboggan



Thank you for reading,
All good things and much love,
Sue

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**With all its sham, drudgery and broken
dreams,
it is still a beautiful world.
Be cheerful. Strive to be happy.**

Desiderata.