Hello everyone,

Welcome to the **Good Enough** short and sweet edition of the newsletter! I am just off to the UK to celebrate 30 years of wedded bliss …. so unlike the usual perfectly curated editions, this is the best I can do. A bit like those 30 years …..!

On June 1 #crazysocks4docs was supported across the globe and as you can see, we did our bit at the Nuns. Special commendation to Dr Kropelin with the Fox in Socks book! I plan to make this even bigger and better next year, hopefully involving a local sock business and the media to highlight mental health within health care. Dr Eric Levi wrote about the campaign and What Next? [here](#)

Through the Crazy Socks project and Twitter I have connected with other physicians in the wellness area, some of whom I will meet in person later this year at the International Conference for Physician health in Toronto. Although I identify with the statement below, Dr Klinck tells me there was lots of interest on Facebook too and suggests we may host a Facebook Live session in the future.

"Facebook is stuff you don't care about from people you do know, while Twitter is stuff you DO care about from people you don't know"

Sara Hudson.
here are a few pieces I found interesting:

**Dr Karen Breeck**, Past President of the Federation of Medical Women of Canada wrote a personal account "Is it Medicine's #MeToo or#TimesUp MomentYet?" [HERE](#).

**Dr Gigi Osler** CMA President Elect said, "What if we all took the #MeToo movement as an opportunity to pause & reflect: How can we make it a better experience to be in medicine for ALL people – students and staff, male and female, young and old?"

**Dr Atul Gawande**'s commencement address to the UCLA medical class [HERE](#).

**Dr Backlin** and **Dr Eliasson** both referred me to the website www.civilitysaveslives.com [HERE](#).

And a little bit of truth and humor from Gomerblog [HERE](#)!
It's Pride Month
and I couldn't be more proud!

Thank you for reading,
Back to themed content next month,

All good things,
Sue
susanjeanreid@gmail.com

School's Out
Next GAS Café is August 28