Happy New Year everyone,

I will spare you a discussion of Resolutions... but this short piece by UK poet Brian Bilston

"My resolutions will not be televised" is entertaining [link]

"In 2017, Pursue Meaning Instead of Happiness" makes some good points [link]

2017 is a big year for me as I turn the big Six Ohhhhh!
If ever there was an age to be oneself, I think 60 is it.

Time to fully express my Super Power, SO this year I will be SuE! Not a typo, this is the old Sue with Extra Enthusiasm! (Sorry Grey Nuns, but you have had 3 months respite.)

Churchill said "Success is going from failure to failure without loss of enthusiasm!"
So after the fairly spectacular failure of the retreat, I am enthusiastically continuing with the online efforts.

Thank you to everyone who sent me supportive feedback and encouragement. As you can see, the chatty general Wellness newsletter continues.
Mid-month I will also send out a brief referenced article on a specific wellness topic. Both will be archived on the website.

- January focuses on Physician Burnout.
- February will address Substance Abuse to complement the Feb CJA issue.
  Please click here [link] for the online CJA editorial The Physician at Risk.

Please click here [link] to email your suggestions for future topics.
Unfortunately, we can’t set up an online forum/comments area on the website. Or can we? Anyone? In the meantime, I can share information sent to me. Thanks to Dr Seal for “The Good Enough Parent” JAMA (link)

**Anesthesia Book Club** will continue with enthusiasm this year. Hopefully with a few more people.  
**We will discuss:** Being Mortal by Atul Gawande  
**Date:** Monday, January 16 at my home (map)  
**Time:** 1830  
Drinks and pizza provided  
To RSVP please click here

**Date TBA**

This coffee image is from my new Twitter friends @StGgas from St Georges anesthesia dept in London, UK.

But if, like me, a cup of tea is more your... cup of tea... here is George Orwell on How to Brew the perfect cuppa!  
From the excellent BrainPickings.org

"What doesn't kill you gives you a lot of unhealthy coping mechanisms and a really dark sense of humour"

Here’s to healthy coping skills, inclusive humour dark or light and an enthusiastic start to a successful 2017!

Warmest wishes,  
SuE

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