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