

THE EUDAIMONIA*

Volume 1 / Issue 2



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Dear GIM Colleagues,
On behalf of the entire Wellness Committee we wish you a very Happy New Year. Despite the enormous challenges the COVID pandemic continues to bring to our profession and our community as a whole, the New Year inevitably brings a sense of hope and renewal. Many of us in the division have received our first (and in some cases second) COVID vaccine in the last few weeks, finally shining some light on what has been a dark period for public health locally and globally.

Of course, we are not out of the woods, and we are reminded daily of the toll of the most recent surge juxtaposed upon the ongoing social and political unrest in our nation. In these volatile times it is natural to feel many emotions - anxiety and distress amongst them. As Wellness Directors it is our aim to foster a community of support in our shared work place and disseminate resources that may be of use during these unique times. To that end, this second issue of the Eudamonia is a celebration of our wonderful and diverse physician community in the Division of Internal Medicine as well as a space for sharing resources and upcoming events pertinent to physician wellness.

We hope you enjoy reading it, and as always we welcome submissions for future issues via email (abal@health.ucsd.edu).

Be well,

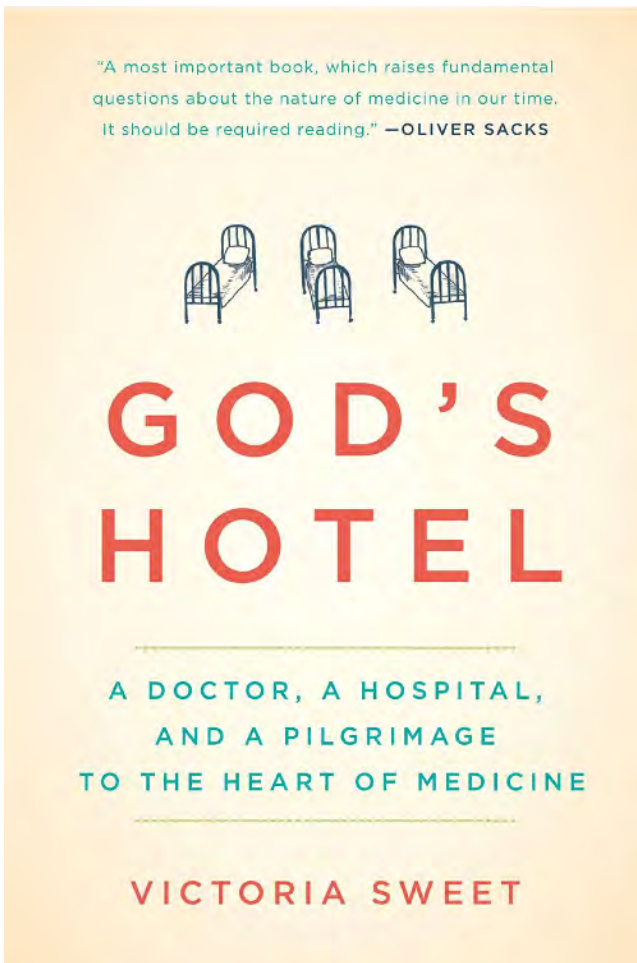
- Arthi Balu, Joe Diaz and the entire GIM Wellness Committee

* The Eudaimonia is named after the ancient Greek concept of happiness and human flourishing

ANNOUNCEMENTS AND UPCOMING EVENTS

GIM Wellness Book Club

- We are pleased to announce the next selection for our GIM book club, "God's Hotel" Discussion to be held Friday, February 5th at 5:30 PM via zoom. Please join us.



Friday February 5th, 5:30 pm via zoom

Join Zoom Meeting
<https://ucsd.zoom.us/j/91294983179>

Meeting ID: 912 9498 3179

<https://www.amazon.com/Gods-Hotel-Hospital-Pilgrimage-Medicine/dp/1594486549>

For readers of Paul Kalanithi's *When Breath Becomes Air*, a medical "page-turner" that traces one doctor's "remarkable journey to the essence of medicine" (*The San Francisco Chronicle*).

San Francisco's Laguna Honda Hospital is the last almshouse in the country, a descendant of the Hôtel-Dieu (God's hotel) that cared for the sick in the Middle Ages. Ballet dancers and rock musicians, professors and thieves—"anyone who had fallen, or, often, leapt, onto hard times" and needed extended medical care—ended up here. So did Victoria Sweet, who came for two months and stayed for twenty years.

Laguna Honda, relatively low-tech but human-paced, gave Sweet the opportunity to practice a kind of attentive medicine that has almost vanished. Gradually, the place transformed the way she understood her work. Alongside the modern view of the body as a machine to be fixed, her extraordinary patients evoked an older idea, of the body as a garden to be tended. *God's Hotel* tells their story and the story of the hospital itself, which, as efficiency experts, politicians, and architects descended, determined to turn it into a modern "health care facility," revealed its own surprising truths about the essence, cost, and value of caring for the body and the soul.

- The first GIM Book discussing “When Breath Becomes Air” this past fall was a joy. Special thanks to Dr. Hilda Thorisdottir, VASDHS for hosting the outdoor and socially distanced gathering. Here are a few pictures from the event.



Wellness Lunch Speaker Series

Neil Farber, MD

"Serendipity: Ready, Set, Go! Recognizing and Utilizing Unexpected Events to Enhance Your Career and Life."

Wednesday, February 24th at 12:15 pm

Join Zoom Meeting - <https://ucsd.zoom.us/j/92561923029>
Meeting ID: 925 6192 3029



WELCOME BABY ISABELLA!

Ruthie Abeles, MD at UCSD La Jolla Internal Medicine recently welcomed her first child, a little girl named Isabella. Baby is now 11 weeks old and thriving. CONGRATS Ruthie, she is such a cutie!



WELLNESS RESOURCES

We had the privilege of hearing from Dr. Sid Zisook, Wellness Director for the Department of Psychiatry at our last Wellness Lunch Speaker Series in October.

He shared the following useful resources available on your phone's app store:

Depression CBT Self-Help Guide helps you understand the causes of depression, explains self-help behaviors you can adopt to reduce symptoms, and provides useful self-management tools.

Headspace/Headspace Plus is a meditation tool with hundreds of sessions on physical health, personal growth, stress management, and anxiety relief.

PTSD Coach provide users with education about PTSD and tools that can help users manage the stresses of daily life with PTSD.

7 minute workout is the #1 fitness app in 127 countries with 12 high intensity exercise exercises, 30 seconds per exercise, 10 seconds rest between exercises

UC San Diego Center for Mindfulness Guided Audio and Video meditations and exercises
<https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx>

UCSD Hear program provides confidential support for healthcare providers and trainees dealing with personal or emotional challenges.

HEAR

wellbeing@ucsd.edu

<https://www.ucsdhear.org>

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UC San Diego Health Sciences HEAR Program
Healthier Education, Assessment and Referral Program

Welcome to Education & Referral Program

Complete an anonymous screening questionnaire to get confidential feedback and support from our counselors.

Start Questionnaire

Stress & Depression Screening Questionnaire

Medical and pharmacy students, residents, fellows, faculty, hospital staff and all trainees under UCSD are encouraged to complete this brief online questionnaire to find out how stress and depression may be affecting them. After completing the questionnaire, one of our experienced program counselors will send you an assessment with any recommendations for further evaluation or follow-up. Again, this service is completely anonymous and confidential.

Start Questionnaire

Returning Users Login Here

Goals

- Educate medical and pharmacy students, house staff, faculty, trainees, and hospital staff about burnout, depression, and suicide.
- Provide confidential, online assessment of stress, depression and other related issues.
- Make personalized referrals to local mental health clinicians and other community resources.

The HEAR service is independent of the service provided by the UC San Diego Physician Well-Being Committee (PWBC). More information on the PWBC.

Program Counselors

UCSD Program Counselor (Business Hours)
858-657-6795
858-657-6799

In Case of Emergency
Call 911 or UCSD Campus Police
858-534-HELP (4357)

San Diego Access & Crisis Line
858.724.7240

National Suicide Prevention & Crisis Hotline
800-273-TALK

THIS IS NOT A CRISIS INTERVENTION SERVICE
If you are in crisis, please contact 911 or 800-273-TALK

WELLNESS IN THE NEWS

The following article comes highly recommended by Simone Kanter, MD of the VASDHS. While it is written by a group of Surgeons the lessons are very applicable to primary care internists as well.

Building Resilience in the face of Adversity: the STRONG surgeon

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7461464/>

S: Strengthen relationships

Strong and supportive relationships are the number one predictor of well-being. Investing in, reaching out towards and cultivating healthy relationships is a core resilient behavior.

T: Take control

Concentrating attention and resources on the things that matter most and that you can influence and change increase one's sense of control and agency.

R: Recharge and Restore

Restoration practices boost mood, concentration and cognitive ability – much needed during times of pressure.

O: Optimize mindset

How one interprets events determines the choices made in responding to these. Adopting an optimistic mindset is a skill that can be learned which enables one to choose helpful ways to examine and interpret life's challenges and setbacks.

N: Nurture: nourish, move and rest -

Making healthy food choices, sleeping well and moving regularly throughout the day contribute to building vital energy and long-term physical well-being for building resilience.

G: Grow and Develop

Challenging and stretching oneself in new and unknown situations can enable adaptation and growth – which contributes to growth and well-being.

GETTING TO KNOW YOUR COLLEAGUES

Deanna Hill, MD - UCSD Hillcrest

What is something unique that your colleagues may not know about you?

I went skydiving in college and got my bartending license in medical school. My family didn't encourage either, but I enjoyed both!

What is something you have been doing to support your wellness during this period of social distancing due to the pandemic?

I love doing outdoor bootcamp-style workouts and events. It keeps me in shape, gets me outdoors, and pushes me far beyond what I thought was possible both physically and mentally. San Diego has such great parks and trails to explore and I've met some really great people in the process. If anyone wants to check it out, please let me know!

<https://gutcheckfitness.com/>

What is something you are looking forward to during the holidays or in 2021?

I'm taking time off at the end of December and I'm looking forward to spending some quality time at home with my daughters, ages 6 and 9. We plan to bake, craft, and watch movies together in our pajamas. While COVID has been stressful for us all, I am trying to enjoy the somewhat slower pace of life and more unstructured time with the family.



Armelia "Melly" Sani, MD
- UCSD Hillcrest

What is something unique that your colleagues may not know about you?

I actually come from a long line of "A" names! This family tradition started with my Dad's great grandfather. He named all his children with A names. In Indonesia, they alphabetize by first name. So, my great great great grandfather always wanted his children to line up at the front of the line! My husband was gracious enough to comply. Ashley is 18 yrs old and is in her first year at Cal Poly, SLO studying Public Health (Yay!). Amber is a junior at Francis Parker. So, the funny thing--my girls' last name is Watt--so they are pretty much at the end of the line here!

What is something you have been doing to support your wellness during this period of social distancing due to the pandemic?

Wellness--Running with girlfriends! This has been vital. It has kept me balanced all these years, but now it is even more important. The other thing my girlfriends and I do is take our beach chairs and sit in a circle in our yards or at the beach. Finally taking the time to appreciate my beautiful surroundings. We never did this before, I think we will keep up this tradition.

What is something you are looking forward to during the holidays or in 2021?

The Vaccine-ha! Actually, moving into our house that we have been remodeling since April 2019. We were pretty on track to finish up in April 2020 and then Covid hit and the city closed down. It put us back 6 months. We have been living in a hotel for part of this time (because the lease was up in our rental), which has been super challenging because my girls have been doing school virtually. We see the light at the end of the tunnel! Of course, when this is all over, I can't wait to hug my parents!



Leslie Martin, MD - UCSD La Jolla

What is something unique that your colleagues may not know about you?

I enjoy painting (see attached picture of my version of Giacometti).

What is something you have been doing to support your wellness during this period of social distancing due to the pandemic?

I have been hiking 3 times a week. I can get some serious exercise in while enjoying the beautiful outdoors (see attached picture of what I saw on my recent hike).

What is something you are looking forward to during the holidays or in 2021?

Like so many others, I am looking forward to a COVID free new year!



CREATIVE CORNER

Therapeutic collage by Lynette Cederquist, MD UCSD La Jolla/Hillcrest

This is a way to tap into your nonverbal psyche and emotions which can be fun and/or therapeutic. I was introduced to this by a retired art teacher friend when I was grieving the loss of my son. The idea is to collect images (cutting them out of magazines) which you are drawn to then putting them together into collages which express what you are feeling. It is a way to connect to your non-verbal (emotional) psyche. If I am having a dark or down day, I might sit down with a pile of magazines and cut out images which speak to me, then sit and create a collage built out of my own imagination. Once we are out of pandemic restrictions, I would love to organize a collaging workshop for those interested in trying this out.

Here are some examples of my collages, and the sentiments behind them as examples:

Photo of my dear friend who died of pancreatic cancer last year – celebrating her beauty:



My son whose spirit is free and he no longer suffers:



Collaging with my daughter on a day when we both felt happy:

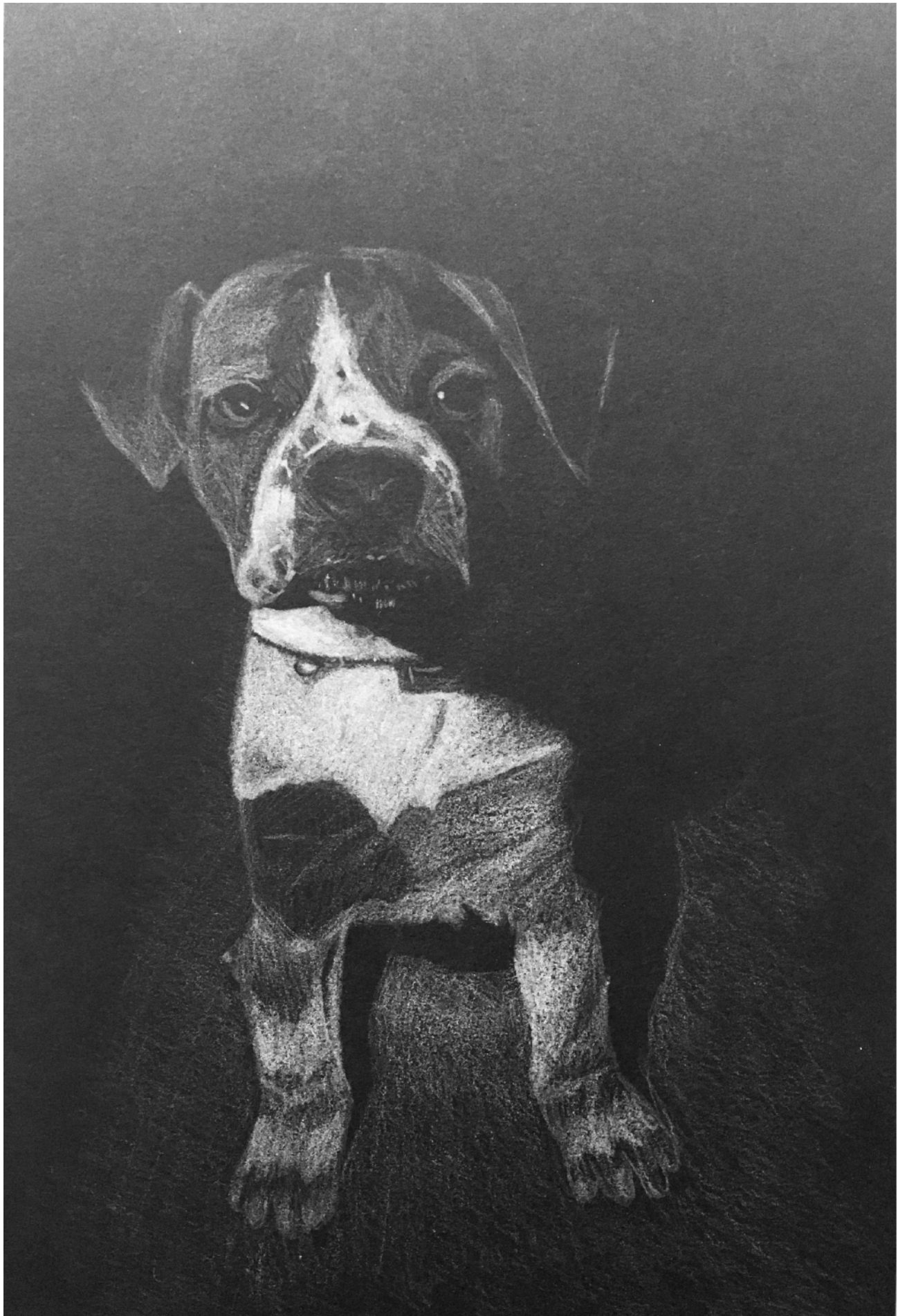


Scripps Pier, Eduardo Grunvald, MD, UCSD La Jolla

"To me it symbolizes the endless, relentless, repetitive mychart messages in my inbox."



*Ori by Neta Sanchez, age 14,
- daughter of Michal "Kalli" Hose, MD VASDHS*





**“Good news.
Your cholesterol has stayed the same,
but the research findings have changed.”**

HARLEY SCHWADRON FOR READER'S DIGEST



Do you have original artwork, photography, or writing you would like to feature in the next issue of the The Eudaimonia? Original or appropriately cited humor? Willing to be our next faculty profile? Please email Arthi Balu – abal@health.ucsd.edu