



# RENEWNEWS



*RENEW helps people who juggle work, family and community commitments sustain (or regain) their enthusiasm, effectiveness and purpose*

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## A Pause Does Refresh — and More by Linda Hawes Clever, MD

After she recovered from a sudden severe illness, an award-winning nurse said, “I had to stop for my body’s purposes. It wasn’t so bad. I could read and nap! During the pause, I wondered if the world would still be there. Well I wasn’t left in the world’s dust.”

In order to take the pause that does more than just refresh, the first step is to be aware that you may have gotten frenzied. Frenzy may feel like a 75 mph wind with gusts and buffets of whirling activity and no rest. It means being in survival mode. Next, reflect on why you, like so many of us, keep your pedal to the metal. Is it DNA, culture, fears, dreams, opportunities, habits, rewards? Then, consider the possible damage that overwhelm might cause:

- You aren’t savoring much? That’s sad. You’re missing something.
- You’ve lost touch with some dear, important people? You’ll regret that. I do.
- You haven’t had a brilliant idea lately? Life may be too hectic.

Now comes the delicious part, the part that can spawn your plans and generate your actions to take a pause. I’m not going to suggest anything that would frighten the horses. After all, this is about a pause, not a revolution. Why don’t we think together? If you – and I – paused, what might happen?

- We might savor a song or a sip of homemade soup, a moment or a memory, a story or a laugh or a hug.
- With only a good breath or two – try it – we might return our shoulders to horizontal from being wrapped up around our ears. I can feel tension melt right now.
- We might clear the cobwebs to focus on the conversation we’re having or to find a solution. Focus brings bright light, clarity, intensity.
- A tide of new ideas could seep into a pause.
- We could catch and remember a fleeting truth, such as our 3 ½ year old grandtwin Mila’s musing while being driven to a birthday party, “If we are on an adventure, Mom, does that mean we are lost again?” or her brother Graham’s observation, “Donuts are better than flu shots.”
- Shhhh. We could enjoy the quiet. When did you last do that?

Wait a minute! Just a single minute! The world *is* still there: you weren’t left in its dust. In fact, the world and you and I are better off.

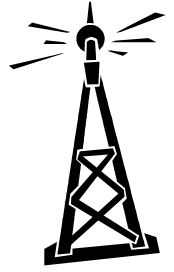
Maybe this *is* the revolution.

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## RENEW & The American Medical Women's Association



*Bouncing Back & Bouncing Forward: Restoring Your Resilience* — featuring Linda Clever and hosted by AMWA will be broadcast to its members on Jan. 9 at 6:00 Pacific time. The focus will be on turning negatives to positives, harnessing experience to move ahead, and developing new visions, strengths and solutions.

### RENEWing RENEW

Thanks to the generosity of board member Dennis Patterson, our website: [www.renewnow.org](http://www.renewnow.org), is being completely overhauled. We aim for simplicity and effectiveness. We will unveil our new look in the New Year.

You can also visit our *Fatigue Prescription* website: [www.thefatigueprescription.com](http://www.thefatigueprescription.com) for book event notices and current reviews. Linda was invited to attend the Northern California Independent Booksellers Association Trade Show last month, celebrating the news that her book is now in its 2nd printing!

This is the 4th year that Kaiser Permanente has ordered copies of the book for each of its new physicians in the Diablo Service Area. It's also the 13th consecutive year Linda has been invited to be on the faculty of the New Physicians School.

### Marin County Health & Human Services



Donor Ken Drexler's gift to Marin County Dept. of Health continues to make ripples. The latest beneficiaries are the dedicated staff in the Public Guardian Division, who are often the last hope for sick, lonely, and disabled people. The 1/2 day retreat was held at Fresh Start of Homeward Bound, a non-profit that serves homeless people. The chef offered a delicious dim-sum cooking class; Linda's program "*This One's for You: Refresh, Restore, and Renew*" brought rave reviews. One person said, "This retreat was so different, and so inspiring and beneficial to me."

This is another example the good your tax-deductible donation to RENEW does — both locally and nationally — for the hard working people in health care.

### Stanford Department of Medicine

RENEW is deep into a pioneering series of workshops and Conversation Groups© for Assistant Professors of Medicine at Stanford. These hard-driving physicians are in the perfect storm of exciting discoveries, mounting pressures, uncertainty about career, and ever-more complex family and social demands. We have held four meetings and have four more to go — and 4-8 more are being planned. Topics include "setting priorities" "defining success & dealing with failure", and "the consequences of being a 'driven' person".

After the first workshop, one doctor commented, "If I'm less overwhelmed at work, I can be a better partner and father." *Exactly!*