

RENEWNEWS

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

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Not to Pry. . .However. . . Are You in the Groove. . . or a Rut? By Linda Hawes Clever, MD

Last month, as we planned a webinar for workplace safety and health professionals, the organizer, a long-time friend of RENEW, said, “You know, when I re-read that paragraph in your book about being in the groove, I realized that I had dug myself into a rut. That’s when I changed jobs.”

A few years back, a RENEW Conversation Group© decided that being in a groove gives you a distinct sense of flow, like the flow of water over and around a rock. A groove feels good and you feel good about yourself (not complacent but good). Things fall into place. You look forward to going to work, to climbing the next hill; even little steps are accomplishments. Joy travels within you when you’re in a groove. You stride along and enjoy life’s *swoops* and *whees* rather than plod through a journey that weighs you down.

A rut makes you slump. You can get three hundred emails a day and have twelve meetings on Tuesday and four on Saturday and still be in a rut – a very, very, busy rut. You can’t see over the edge of the rut; you’re afraid even to get close to the edge. Ruts are restricting. A rut may seem comfortable, but it’s a pinching, diminishing place.

John W. Gardner, inspirer extraordinaire for RENEW, felt that life itself is fully capable of turning your groove into a rut. The consequences can be boredom, cynicism, a sour sense of defeat.

What to do? What to Do?

The answers are not necessarily easy yet they are a whole lot better than smoldering or decaying.

Try this: Smell the coffee (*might* that groove be deepening to a rut?); think about it; talk with others about it; and *do* something about it. That means to look back to see what you have learned. Look ahead to plan and to learn new things. Do all you can to stay or get healthy. Revisit your beliefs, meaning and commitments beyond yourself – and stick with them.

These measures are not a panacea. What, after all, is “all-healing” in our world with its share of troubles? You can start to move into a groove, however. Just see the glow, even some bright lights, as you peek above the edges of that rut.

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A fiscally sponsored project of Community Initiatives

RENEW's New Umbrella



The California Pacific Medical Center Foundation's change in policy has led to CPMC's Institute for Health & Healing and RENEW ending our 10 year fruitful and productive relationship. RENEW is delighted now to have the fiscal sponsorship of Community Initiatives, a 501 (c) (3) organization based in San Francisco. Its mission is to strengthen communities by investing in non-profit organizations that benefit the public. That's RENEW alright!

RENEW's New Initiative with Hospice by the Bay

Kenneth Drexler, longtime donor and friend of RENEW, has provided start-up funding for our new collaboration with Hospice by the Bay. Over the next three months, we will offer workshops in three counties for Hospice clinicians and administrative staff and volunteers. Our goal is to keep these angels' wings strong and their halos sparkling! We hope to extend our Hospice programs in 2013 to work with this brave cadre so they stay excellent, resilient and effective.



RENEW Goes International



The Canadian Medical Association, in conjunction with the British Medical Association and the American Medical Association (AMA), has invited Linda to present two workshops at the 2012 International Conference on Physician Health this October in Montreal. The program will focus on leadership skills and mentoring.

More RENEW News

- The AMA has signed a one-year "lease" for the use of our RENEW-o-Meter. It will be part of its nationwide on-line physician wellness toolkit.
- *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life* is now available as an audio book. Go to www.audible.com to download, listen, and renew!
- Kaiser Permanente has been RENEWing this year. In addition to participating in a live video conference that reached over 800 physicians, Linda gave a keynote speech in April and a 1/2 day retreat in July to Kaiser San Rafael physicians. She has also been invited back for her 12th consecutive orientation workshop for the Diablo Service area New Physicians' School, and her 2nd *Women in Balance* program this fall.
- This year also marks RENEW's 5th collaboration with the Center for Excellence in Non-profits Leadership Institute, our 3rd with Stanford's Healthy Living Retreat for Women, and 2nd with Jewish Family & Children's Services.
- Hats off and salutes to Bill Foege, RENEW Panel of Advisor member, on his Presidential Medal of Freedom. Thanks to Bill's leadership, the disease smallpox is gone.

RENEW & Charity Blast

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