



# RENEWNEWS

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



VOLUME XIII ISSUE TWO

HOLIDAYS 2012

## Four S's

By Linda Hawes Clever, MD

If it is the SSSSeason to be Jolly, it is also the SSSSeason to stay SSSSane.

If you're like me, you'd like to hug family and friends (not just rush on by); enjoy the bustle (not be the bustler-in-chief); find some peace and calm, sit and smile, or finish reading that book or . . .

It's not so easy. However, maybe it's not as impossible as it seems.

Consider these Four S's:

***\*Special***

***\*Simplify***

***\*Say "No"***

***\*Savor***

First, consider if the holidays feel Special or not. For some, holidays are times for profound thoughts and celebrations. For others, holidays are endurance trials that require comforting or counseling. Paying attention to yourself and others is a Special gift.

How else can you make holidays Special? You can call on traditions. Or you can do something entirely different, especially if circumstances have changed and you're feeling a loss. Start anew, refresh. Get some sleep! Look for the sparkle in surprising places—give something(s) you don't need to some one who needs it. *Add* some sparkle by saying thank you five times a day and apologizing as often as you should.

Second, consider ways to Simplify. Get some help, for goodness' sake. A decade ago, Maria, our Mexican angel, helped wrap our Christmas presents. Now, her time with us every year has added a cultural dimension to our holidays. We sing carols together in Spanish and the "pressies" look much livelier. There aren't quite as many gifts to wrap, actually, because we've simplified in another way: we order from the catalogues of not-for-profits. The presents go directly to family and friends, and a museum or The Heifer Project gets a gift, too: win-win-win.

Simplifying and Saying No are related, since the latter contributes to the former. The trick is to know how and when to say No. It is nice to soften the No with, for example, "Thanks for asking," before and after declining. I recently heard a more direct way: "Open your mouth. Say No. Close your mouth!" However you do it, make it clear that if you are asked to bring two pies, you'll be able to bring one, and it's likely to come from a bakery. If you are invited to more than one event per day (or even per weekend!), go only to the one you said Yes to first, no matter how good the second, third, or fourth parties may be. Also, if someone repeatedly hasn't thanked you for a card or present, follow your inner No, and take them off the list.

The last S will happen if you do the first three Ss.

You can *Savor* your holidays—and other days. You can relish them. You can sink into the joy of sharing. You can get some rest. You can hear and feel the harmony in your life, away from the jangle jangle. You can soothe and be soothed. You might even glimpse another S: *serenity*.

And, of course, you will maintain your *Sanity*.

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## RENEW Goes to College



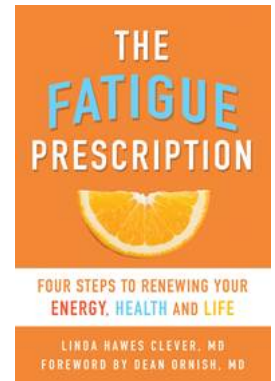
Over the past few months we have had the privilege of working with a trio of rising stars from Mills College's Lokey Graduate School of Business. Travia, Michelle and Aida are MBA students who have made RENEW their project for an advertising/social media course. We look forward to the unveiling of a completely re-vamped website in the new year. It will be more user friendly and interactive with videos and links to our Facebook page and Twitter accounts. Please stop by [www.renewnow.org](http://www.renewnow.org) in 2013 and send us your comments.

## The Fatigue Prescription's Blog Tour

During the month of November, six bloggers from around the world feature *The Fatigue Prescription*. Visit our website [www.thefatigueprescription.com](http://www.thefatigueprescription.com) for details and to read their posts. As you will see, it really is a world-wide-web with one blogger in Missouri and another in Singapore! The comments so far have been heartening and surprising. They are looking for ways to "go from tired and wired to healthy and active!"

In other book news, remember *The Fatigue Prescription* is available now on audio through independent book sellers and on-line at Amazon.\*

Also, the office of the Physician-in-Chief of the Permanente Medical Group's Diablo Service Area once again provided a copy of our book to each physician in the New Physicians School.



## More RENEW News

- RENEW announces our newest board member, Louis Schwartz, MD. A retired internist, Dr. Schwartz was the first medical director at Scripps Memorial Hospital. As we welcome Lou, we bid fond farewell to Gail Glasser who has been an enthusiastic & effective board member since October 2009. We miss her at meetings yet will continue to benefit from her membership on our Panel of Advisors.
- We are delighted to be working again with the Center for Excellence in Nonprofits in 2013. This will be our 5th collaboration with Executive Director Molly Polidoroff and her Leadership Institute. Participants from 2011 requested a reunion in early January 2012 to renew, refresh and recharge! One happily reported, "After considering what I can and cannot change, I have stopped trying to 'fix' my husband!"
- The Alliance for Continuing Education for Health Professionals is hosting its annual conference in San Francisco with the theme of Bringing Back Joy to the Workplace. Our RENEW program "Fill Your Energy Bucket: Be Creative, Engaged & Resilient!" will be on January 31.
- Please note on the enclosed gift card that we have increased the suggested donation amounts. We are hoping you will help make up the 10% that our new fiscal sponsor charges on all income. Thanks so much!



## RENEW & Charity Blast

Here is a free and easy way to support RENEW. Get into the holiday spirit and make your \*on-line purchases through [www.charityblast.com](http://www.charityblast.com). Just type in **RENEW**, then go to your favorite site and shop away! RENEW will receive a percentage of the sale — *at no cost to you!*