



RENEWNEWS

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



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Four Steps to Renewing Your Energy, Health and Life

By Linda Hawes Clever, MD

The sub-title of my book, *The Fatigue Prescription* is “Four Steps to Renewing Your Energy, Health and Life.” When one person said, “That sounds simple!”, a more experienced person said, “It sounds simple, but it isn’t easy.”

Since RENEW began about fifteen years ago, thousands have heard and read about the steps. Some have taken those steps and said, “Wow! This stuff works!” — or other words to that effect. The end result often is change — change of a gentle and positive nature.

Here, for your summer reading and refreshing pleasure, are the four steps. Let us know about your adventure.



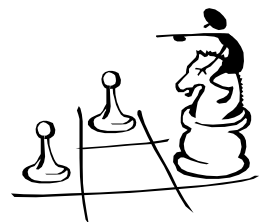
Awareness - "Smell the coffee." Escape from the whirl and blur of the fast lane and check out how you are doing. How are the people around you doing, too? How are your and their spirits, bodies (health and well-being), attitudes, relationships doing? Are you as enthusiastic and effective as you'd like to be? Are you feeling the fulfillment and joy for which you yearn? Are you climbing the right mountain?

Reflection-Think about it. How did you (and they, but you, first) get this way? Too many expectations, some of them not your own? Too often saying, "Yes" to One More Thing when you are already overloaded and can't seem to do anything well enough? What might some new answers be? What might you learn more about? How might you make more time for really important things, not just busywork? Who are your allies? This is a time to gather some thoughts and to have some new ones.



Conversation- We all have people we like, admire and respect: spouses/partners, kids, co-workers, friends. By listening to others we can uncover more about them and us. We can gather and try out ideas. Conversation is *active*; it involves listening and talking and it leads to discovery. Conversation doesn't just shuffle your cards; it adds new cards to your deck.

Plan-and-act-This is the opportunity to put your life-changing discoveries into place and to try them out. It's the time to take some very small steps; make some adjustments; celebrate little victories; consolidate progress; learn new ways. It's the time to move ahead. By this time, change is more like taking a slope than jumping a mountain crevasse. You're ready and able, and, because of the conversations, you have allies. You'll have fun, too!



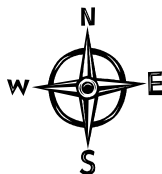
For your copy of *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*, contact your local bookstore or Amazon. I'd be happy to sign copies.

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A special project of the California Pacific Medical Center's Institute for Health & Healing

Where we've been lately. . .and where we're going



RENEW is planting new markers on its map of the San Francisco Bay Area: — City College of San Francisco Older Adults Program, Gilead Sciences, Inc. on the Peninsula, Kaiser Vallejo Nurse Week in the North Bay and a cancer patients/caregivers support group at a church in Lafayette.

East Bay? How about East Coast? Linda was the keynote speaker at the VA's Administrative & Clinical Professional Seminar in Washington, DC.

Linda will be back to the East Bay this fall as a speaker at Kaiser Permanente's "Women in Balance — the Challenges" conference, as well as her 11th consecutive New Physicians School. Following last year's presentation, the Associate Physician-in-Chief for Health Promotion said, "As always, your insights provided a foundation of reality for our new colleagues to build a career on. You give them so much value and wisdom at a critical time."

RENEW makes a difference

RENEW is working with leaders at a community clinic system. The idea is to develop creative ways to address challenges and to help leaders stay at the top of their game. We suggested that, in addition to the regular administrative meetings, one clinic start a current case review conference to discuss patients who are particularly puzzling or complex.

The Medical Director reported, "It's a big help to get more heads involved. Patients get improved care and on occasion clinicians vent their frustrations with the challenges of taking care of uninsured patients who suffer more and die faster than patients with insurance. It is important for these clinicians to be able to handle their feelings as well as learn medical fine points from each other."

RENEW connects with you & joins the 21st century



RENEW was chosen, as a community-based organization, to participate in Dominican University's spring semester Business Theory and Practice class, taught by Professor Denise Lucy, EdD. We were matched with three students, Renaud, Josh and Justin, the social media whiz kids we needed. They filmed Linda's talk at the Commonwealth Club and interviewed audience members. Then, with enormous patience, they taught RENEW staff how to edit the footage to produce a YouTube video; how to create and update our Facebook page; and finally, how to connect automatically to Twitter. Visit our **RENEW** Facebook page and follow us on twitter at: www.twitter.com/renewnow1.

What's New at RENEW

- Deloras Jones, MS, RN, Executive Director of the California Institute for Nursing & Health Care, is the newest member of RENEW's Board of Directors.
- Margaret Cary, MD, MBA, MPH, Deputy Chief Business Officer, Veterans Health Administration is now a member of our Panel of Advisors.
- The cover story of the Medical Board of California's April Newsletter, mailed to 133,000 physicians, is *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*, an article by Linda based on her book — available on line at www.mbc.ca.gov. Click on forms/publications and go to newsletters.
- Said one fan of the book, "*The Fatigue Prescription* has changed my life! You never know which question, which phrase, which passage will resonate with you, and it was exactly this unknowing that made me open up and be honest. Thank you Dr. Clever!" — Visit www.thefatigueprescription.com for upcoming events!