



# RENEWNEWS

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



VOLUME X ISSUE TWO

WINTER 2009

## ***Keeping Your Energy Bucket Full***

**~ Adapted from *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life* publication date January 2010 ~**  
by Linda Hawes Clever, MD

Diana Arsham, a psychologist and a walking buddy of mine, points out that each of us has an energy bucket. You may start out with your bucket quite full or mostly empty, depending upon your inheritance, experiences, and situation. Regardless of where the level starts, there are many things that could cause your energy bucket to be low, so it is important to check it on a regular basis. Health troubles, duties, arguments, expectations, all can drain you. The idea is to **be aware**:

- Determine where the holes are
- Plug them with “corks”
- Add new energy

The “corks” that plug the holes may include going to the doctor, getting counseling, or recruiting help with your work or household chores. You might say No from time to time; send out for Chinese food; make a tough decision and stick with it. The new energy may come in many forms as well. Short boosts could come from going for a walk; writing in a journal; or taking a power nap with the office door shut. You might sing (just about anywhere); play with a child; play catch with Rover; or talk to a friend on the phone. Longer-term fixes may stem from adjusting schedules or attitudes or interactions, or curbing those late nights on weekdays – or weekends.

To keep a full energy bucket, it is useful to know what does it every time for you, what always fills your bucket. So take a deep breath, let your shoulders relax from up around your ears, and make a list right on this page:



Little Pleasures That Keep Me Going  
(Things That Help Me Every Time)

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Because you count; you matter, renewing your energy bucket, just like exercise, needs to be a regular part of your life, not a sporadic add-on or an emergency “must”.

Over the holidays, give yourself the gift of some corks and refills. Make an appointment to take care of some business that has been weighing you down or draining you. Plan a vacation. Thank someone. Clear some clutter. Get some help. Buy yourself a toy or gadget. Put some of your little pleasures on your calendar and do them. Your refilled energy bucket will be there for you even beyond the New Year.

2300 California Street ~ Suite 202 ~ San Francisco, CA 94115

Ph: 415-600-3321 ~ Fax: 415-600-1558 ~ [Linda.clever@ucsf.edu](mailto:Linda.clever@ucsf.edu) ~ [www.renewnow.org](http://www.renewnow.org) ~ RENEW © 2009

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## Matching Funds

You may recall from our summer newsletter that several donors made an offer of matching funds. We are pleased to report that it was a great success! It generated gifts from new and renewed donors.

We are doubly pleased to announce one of those new donors has made a similar offer for this holiday season. Your new gift will be matched dollar for dollar! You can return the enclosed gray card, or donate on-line at our website at [www.renewnow.org](http://www.renewnow.org)



## RENEW Goes Global

Linda was selected to talk at the International Multi-disciplinary Women's Congress in Izmir, Turkey. "*Ways to Assure Good Energy and Health for Women Who Work*" attracted participants from England, Germany, Turkey and Holland. RENEW transcended the language differences and even led to a very pleasant sharing of chocolate by a student from Turkey.

## RENEW Rocks the American Medical Student Association

On September 14, Linda was the guest host on AMSA's Mastermind Program webinar "Juggling: The Circus of Medicine and Life". Students called in and asked their questions via a live webcast. Discussion topics centered on how to juggle school commitments and still have a life. Linda's "100% kick-a\*\*" advice was such a hit, the 60 scheduled minutes turned into two hours! You can listen to the entire program via a link on the **RENEW News** page of our website: [www.renewnow.org](http://www.renewnow.org).

## En Route to a Best Seller

Two questions we've been asked lately are, "When can I get a copy of the book?" and "What can I do to help your book become a best seller?" The answer to both is simple and easy. Just go to [www.amazon.com](http://www.amazon.com) and search for *Linda Hawes Clever*. When *The Fatigue Prescription* page appears, just click **pre-order add to cart**. Your copy will be sent to you as soon as Amazon receives their shipment. The more pre-orders they receive, the more books they'll stock and the greater the chance of achieving "best seller" status! It's a win-win for all! And be sure to tell everyone in your address book. "Viral messaging" is the way to go!



Another way to help is by contacting Program Coordinator Keven Chriss at 415-459-7398 or [keven.chriss@gmail.com](mailto:keven.chriss@gmail.com), to host a book event for an organization, association or community group you know of that would enjoy an hour or two with Linda learning *The Fatigue Prescription's* four steps to renewing your energy, health and life.

## RENEW Welcomes New Board Member and Advisor

We are pleased to welcome Gail Glasser to our RENEW Board of Directors and Lisa Chamberlain, MD to our Panel of Advisors. Gail served as Board Chair of the California Pacific Medical Center Foundation from 2006 through 2008. Gail's support of the sciences dates back to her "Achievement Rewards for College Scientists" experience (1978 – 1994) which included a term as president from 1983 – 1985.

Lisa is Assistant Professor of Pediatrics at Lucile Packard Children's Hospital at Stanford. She founded and is the medical director of the Stanford Pediatric Advocacy Program which oversees community pediatrics and advocacy training for all pediatric residents at Stanford.