



# RENEWNEWS



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

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## Whole

by Linda Hawes Clever, MD

What is “whole”? Whole grain? Whole heart? Whole megillah? Whole ball of wax? Whole nine yards?

Contemplating “whole” might send you to Webster’s yet even there you won’t find the whole story, or even one story. Whole can be an exaggeration, as when an older friend exclaimed, “My whole life is just a game of hide and seek – or, on a good day, lost and found.” Whole may seem like a long time, as when our four year old grand-twin, Graham, observed with disappointment, “In my whole life I have never had a good experience with face paint.”

For RENEW, “whole” defines what we advocate. For us, whole includes living your values — along with vitality, enthusiasm, effectiveness; taking smart risks, savoring experiences; and of course, fun, good health and good relationships. “Wellness” isn’t quite specific enough, since as a concept, it doesn’t include awareness, reflection, conversation, and “plan-and-act,” the four steps to renewing. *Whole healthy life* has a nice ring.

It’s clear that all of the above – and more – give rise to resilience, a quality or skill that you need when you seek a whole healthy life. Indeed, when we ask people what they would like to discuss in a Conversation Group©, they often mention “resilience.” No wonder. There is so much to bounce back from. Just think about it!

Last month, we talked about resilience with high-achieving young faculty members. We had warmed up at other meetings with conversations about priorities and saying “yes” and “no” at the right time in career and life. Recalling successes, re-contacting mentors, and taking some time to think helped them bounce forward. Three questions focused further on gathering resources necessary to move beyond disappointment toward a whole healthy life:

1. What makes me feel peaceful?
2. What people and experiences make me laugh?
3. What “trampolines” help me bounce back?

I can report that being in nature -- especially near lapping waves -- was a frequent answer to Question 1. Question 2 reminded some that they hadn’t laughed in so long that they couldn’t answer. That was sad. The trampolines included a reasonable amount of sleep, using every shred of discipline not to log on, and dinner with friends (a tip: make arrangements for the next dinner at that dinner).

No one said that living a whole healthy life is easy. What is easy, if it’s important? Our faculty colleagues felt that it is possible to be resilient as part of a whole healthy life. . .if they kept their eye on their values and went the whole nine yards.



## Stanford Department of Medicine

When is 38% a lot? When 38% of a group of over-the-top busy professionals attend a series of meetings! RENEW hit that high mark when we finished our first year of workshops and Conversation Groups© for assistant professors of medicine at Stanford University. In response to an invitation to attend our June workshop on *“Resolving Conflicting*

*Demands: Career, Home & You”* one person wrote, “Since I am flying back that day from a conference and want to be home for family dinner I’m going to decline your appropriately titled seminar. Please pass along to Linda that I am learning from her, and look forward to learning more.” Although we missed him, we were glad to see our message of RENEWing had taken root.

### Leadership America

On June 8, Linda and her Stanford classmate Paola Gianturco, author of *“Women Who Light the Dark”*, were co-keynote speakers at Leadership America’s conference “Transforming Lives & Communities”. Sixty women from across the country attended the 3-day event at the Claremont Hotel in Berkeley.

Linda spoke about how you can stay at the top of your game *against all odds* despite overload and change. She told the five practices of “fit” people along with solutions that can surmount career and life barriers.

### Media News

- ◆ “O” Magazine interviewed Linda for the June issue (p.88) and cited her as one of their “experts” in the O Quiz *“What’s Really Zapping Your Energy? Experts reveal the surprising reasons you may be running on empty.”*
- ◆ Linda was a recent guest on the *Marilu Henner Show*. Celebrity host Marilu, who had read Linda’s book *“The Fatigue Prescription”*, commented, “This is a must-read book. We have so many things on our plate, the world is so complicated and we’re so busy.” Listen to the entire interview on our website!
- ◆ Our new website [www.renewnow.org](http://www.renewnow.org) just launched and we hope you’ll stop by and check out our sleek look and new logo. All thanks to board member Dennis Patterson for underwriting the costs.

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