



# RENEWNEWS



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

VOLUME XXV ISSUE ONE

SUMMER 2019

## IT'S THE PRINCIPLE OF THE THING

By Linda Hawes Clever, MD

Born 21 years ago with staunch and thoughtful help, RENEW's vision is to start a movement to help people gain or regain vitality and purpose. We want to strengthen individuals and, therefore, families, neighborhoods, organizations, professions. We want to go beyond "work" and "balance." We adopted the goal that we all should have whole, healthy, fulfilled lives.

Early on, we established principles that would support our goal. Not surprisingly, the first principles emphasized the importance of values, those fundamentals by which we gauge good and bad, right and wrong. A RENEW friend, David Hill, polished the underlying principles. They are worth reviewing; they have aged well.

- Renewing begins by affirming values. Values define meaning in life and motivate action.
- Gaps between values and behavior are sources of depletion and signal that it's time to renew.
- When people renew, they enhance the vitality of their work, families, friendships and communities.
- When people weave renewing into their daily lives, they gain resilience and add to their capacity to change and grow.
- Renewing is best done in good company. Conversations, sharing stories, encouraging and validating one another are powerful catalysts for positive change and growth.
- Renewing allows people to discover that they already possess many of the answers and much of the wisdom they seek.
- Renewing also allows people to discover that while they can't always control their circumstances, they can choose their attitudes and responses.
- Renewing gives people greater access to the sizeable reservoirs of talent, courage and creativity that are within them.
- One's sense of humor is a sensitive barometer. The more people are able to see the humor in life and to laugh at themselves, the less they need to renew. And vice versa.
- Rest, reflection, risk-taking, learning and exercise are essential ingredients of renewing.
- Speaking, writing and artistic expressions clarify values and make it easier to be true to them.

The Crew at StoryPeople recently posted this on its website. "There are times I think I'm doing things on principle, but mostly I just do what feels good—but that's a principle, too."

That's the deal: aligning your values with feeling good and doing good. That's the principle that matters most.

## RENEW Around the Bay Area and Beyond



» Last spring and summer, Stanford faculty and staff in its Health Improvement Program (HIP) signed up for these RENEW programs.

“*Vitality 201: Finding and Sustaining Your Groove*”

“*Align Your Time: Practical Solutions for the Epidemic of Busy*”

“*Resilience – 101: Bouncing Back Despite Change and Challenges*”

An autumn class and winter course are in the offing. Some are one-offs for 75 minutes; some are courses that meet for 90 minutes four times and have (gasp) homework! People who attend say, “I’ve been wanting to think about this and I can’t do it by myself.”

» In collaboration with Joyce Hanna, associate director of HIP at Stanford’s Prevention Research Center, RENEWing was central to the two and a half day 25th Annual Healthy Living Retreat for Women at Fallen Leaf Lake. We led in convening, presenting and celebrating. The theme was “*Finding Purpose, Finding Joy.*”

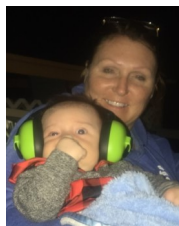
» In sunny, salty Pajaro Dunes, Linda offered reflections on “*Leadership, Renewal and You,*” at the reunion of past and present John W. Gardner Fellows from UC Berkeley and Stanford. The focus was on RENEW’s founding inspiration, Gardner, his philosophy, accomplishments and even jokes.

» The East Bay Health Workforce Partnership has invited RENEW to participate in planning for its future activities and is featuring RENEW in its first publication.

### The National Picture

RENEW has recognized for over 20 years that pressures on physicians, nurses and other health professionals can lead to chaos, errors, heartbreaks, disappointments and dissatisfaction. Finally, studies are showing the economic impact of this situation, which costs close to \$5 billion/year in the U.S. in reduced number of physician working hours, lawsuits, and turnover with its costs of finding, hiring and training replacements. All of these forces have led to RENEW’s continuing to participate at the national level. Linda spoke about RENEWing at a recent Alpha Omega Alpha (AOA) honor medical society meeting on Professionalism, and continues her work in the National Academy of Medicine’s Action Collaborative on Clinician Well-Being and Resilience.

### Inside RENEW



We say farewell and thank you to **Lisa Hall**, who has worked for RENEW for nearly three years. Lisa is looking forward to spending time with her darling new grandson, Axel Anthony, volunteering closer to home (near Fresno) and traveling. Many thanks to Lisa for her patience, astute instincts, and hard and sustained work in behalf of RENEW.

And hello and welcome to **Caroline Caufield**, RENEW’s new Program Manager. Caroline has spent her career working in health care, starting off in Public Health, and later leading program/product development teams, launching health care service and health care technology solutions. More recently she has been consulting with non-profits on a variety of management issues. She received a BS in Nutritional Science from UC Davis, a MPH from UCLA and a MBA from Stanford. After living in San Francisco for more than 20 years, she has fled to the sunny Peninsula, where she enjoys hiking.

