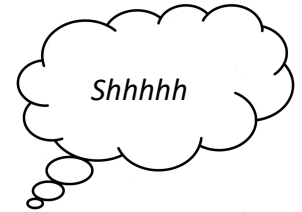


RENEWNEWS

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



VOLUME XXVIII ISSUE ONE

SUMMER 2022

Let us Consider Silence **Linda Hawes Clever, MD, MACP**

Over the last couple of years, we have heard a lot: screams of chaos, cries of shock, gasps of fear, moans of isolation, gunshots, sobs of grief. We heard good sounds, too, of course. Inevitable birthdays, anniversaries, and holidays came along and offered opportunities for creativity and fun. We discovered that Zoom isn't all bad. The Olympics and Paralympics carried on. Old friends reconnected. We know we will listen to even more woe, however – COVID, climate, elections, the economy, Ukraine, even perhaps our dear ones.

And now, let us consider a nearly absent attribute of late, *silence*.

Shhhhh

Ah yes, some never experience true silence – since tinnitus, that ringing in our ears, never stops. Too, there are those who find silence unnerving. Still, let us *seek* silence – for it can bring space, freedom, time, relief.

Silence can also give us time to notice. Anna-Zoe Herr reflected on both silence and noticing when she wrote about hope in a time of crisis in the May 24, 2022 *Daily Good*, one of my favorite buoys: “One afternoon I sat silently... I wanted to melt into the landscape and partake in the stillness. Suddenly I noticed a movement in front of me. A little family of mice came to wash themselves and have a drink in a puddle forming about half a meter away from me, then came a bird and then two and three. Next came a family of chipmunks... and then about ten meters away, a black bear. He smelled a flower and hopped uphill... I had only sat there for about an hour, but it occurred to me that not only my physical but mental stillness, allowed for creation around me to come into the open. It was always there, but when I became still, I was able to really see what was there...”

Shhhhh

Watch the little dots play in a stream of sunshine. Relish sweet butter melting into a warm croissant. Look up and see a contrail in the bright blue sky crossed by a soaring bird below. Breathe *in* the fragrance of jasmine in warm moonlight; breath *out* memories. Silence can birth a dream, a daydream, an idea, the beginning of forgiveness. Silence offers and can generate peace, prayer and even reflections about *what went well* lately.

Shhhhh

Feel the glowing relief and luxury of having silence in which to think something all the way through.

Healing is quiet in itself, isn't it? Why not sit in silence with Thich Nhat Hahn's *Drink Your Tea*

*Drink your tea slowly and reverently,
as if it is the axis
on which the world earth revolves
– slowly, evenly, without
rushing toward the future
Live the actual moment
Only this moment is life*

And consider the exceptional effects of silence.

National News

The National Academy of Medicine's Action Collaboration on Clinician Well-Being and Resilience's powerful PLAN FOR HEALTH WORKFORCE WELL-BEING is now available for public input. We have worked on this for four years. The 54% of physicians and nurses who have symptoms of burnout need this plan to be put into action for their own health and effectiveness – and because *burnout affects 100% of the patients of the overwhelmed clinicians*. Patients need nurses and physicians who are thriving, who can apply their abundant skills, experience, caring and attention. It is an honor to serve on this collaboration – and to be a part of the solution that addresses systems as well as services and programs.

A Walk on the Wild Side

Department heads at the Sequoias Portola Valley had a springtime RENEWAL called *Practical Ways to Have a Life and Do Good Work, Too*. The series was videoed so new staff could Renew later. Along with conversations about values, purpose, boundaries and good health, we sprang loose and went out the campus back gate into neighboring open space (see below). For virtually everyone in the hard-working group, this was the first time they'd been on Spring Ridge Trail.



Stanford Course

This summer, Stanford's Healthy Living program will offer a 2 part Renew program, *Reaching the Goals You Really Want* Sign up if you'd like

<https://healthyliving.stanford.edu/classes/register/hipClasses.php?t=1cce34dfd3cbss383d348a508b1be48cc821&cc=bbb-40>

A Tip from the Times

If a healthy goal for exercise is 150 minutes per week of moderate physical activity, how long should the segments be and what is “moderate?” Segments can be short even 1-5-10 minutes – or longer – yet best not crammed into a weekend. “Moderate” can mean changing a stroll into a brisk walk, yet not a sprint. Another measure is if your heart rate is in the 5-6 zone of a 1-10 range. Or if you can *talk* but not *sing*.