

Happiness isn't the absence of any negative feelings; it's the ability and intention to appreciate the good moments in your life without taking them for granted.

During the last few weeks there have been many challenges that have touched my mind with worry and my heart with sadness. There have also been small, individual memorable moments that have touched my mind with happiness and my heart with gratitude. Such is life. Days filled with challenges, failures, successes, frustrations, and accomplishments. How fortunate we are to know that each new day gives us the opportunity to experience both. In fact, science teaches us that without both, happiness is not achievable. When we block out pain or try to prevent failure at all costs, it depletes our energy and limits our ability to enjoy and learn from all experiences.

I have found myself pondering the difficulties our various roles present to us working in a broken system. And, it is broken. And, we have a long journey ahead before we fully understand what the broken pieces are telling us. One thing that keeps me hopeful is that I believe the intentions of everyone I know are good. We approach our pain in unique ways. We attempt to communicate our frustrations, and our possible solutions based on our own experiences. We walk with our colleagues and feel their pain as deeply as our own. It is hard work. And I know I am in good company... people wanting to care for others and struggling with the missing and broken pieces of a flawed system. I lose hope when I find it hard to feel respected and heard for what I know from my experience or I brush up against the experience of someone who is also sure they know what is happening and perhaps how to fix it. And our experiences are different. We struggle to understand each other and when our communication becomes defensive and shuts down I lose hope.



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Here is what I know: We are all very tired. We have all been trying for a long time to be heard and understood for our value and experience.

Here is what I think: We are experiencing moral injury through an abusive national system that has invaded our smaller systems across the country.

Here is what I hope: That we will find ways to work together that honor each of our strengths, that we will energize one another, and build resiliency for the people we are and the work that we do.

Here is what I fear: That we will fight with one another, blame one another, split our resources apart even further, and stop doing the right thing for the right reason.

Here is what I pray: That we find a way to communicate more compassionately and with respect for what each of us brings to the table. *Let us feed each other hope and not fear and exhaustion. Let us feed each other gratitude and not comparisons that build competition and hoarding of services. Let us feed each other all of this with love borne of our common humanity.*

And... at the same time... let's think about what stone we may be grinding our noses against!

Thank you for all that you do! *Kathy*



**The Center for
Physician Wellbeing**
*Honoring the Expertise and Humanity
of Physicians*

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