

Dr. Kathy's Corner

January 2018

Blessed are they who see beauty in humble places where others see nothing. – Camille Passarro



when we first met.

As many of us attempt to implement New Year resolutions, I thought I would share some stories from my work with physicians and Advanced Practice Providers who have decided to focus on living mindfully. The first story of 2018 is about “Dr. Curmudgeon” and our work together. Dr. C was “strongly encouraged” to come to speak with me because some of his colleagues were concerned that he was unable to be anything but negative in all his interactions. His patients were commenting on how he never seemed to be positive, and that he almost always seemed to be scowling. He agreed this was accurate

After we spoke that first time, I asked him to come back in a couple of weeks with some examples of the positive things he could find throughout his days. When he returned he almost gleefully reported that there was nothing positive that he could report. I told him I was very surprised to hear that, as I had been to his office earlier that week and saw that he had a new ice machine, so that could certainly be a positive thing.

He sneered at me as he said, “The darn thing is broken.”

That actually made me laugh. I encouraged him to try one more time to find beauty or hope in the day. In fact, I told him about a tree that was in full bloom right off of I-4 as he was coming to the hospital. I encouraged him to notice it, and we made another appointment for the following week.

When he returned the next week, he shared this story with a great deal of energy and a smile. “You know last time when I left, I went home and told my wife I was going to take her to dinner and we headed to a place not far from here. As we were approaching the exit off I-4 where the tree that you told me about was located, I noticed it and I simply said out loud to my wife, “Wow! Look at that beautiful tree!” She immediately became upset and said to me, “Oh my God, are you sick? Are you dying? Is that why we are going to dinner and you are noticing a pretty tree?” At that moment, I realized I had really become a lost soul. If she thought that for me to say one nice thing indicated that I was dying, I needed to work on my attitude.”

Dr. Curmudgeon is still inclined to be negative. For example, he was very energized at another meeting with me when he told me that the I-4 construction led to cutting down our beautiful tree. But a thank you note from his wife indicated that she notices he is trying!



When our actions are mindful and focused on our present, we are more likely to notice the beauty around us in the simplest things. And that can make even our most stressful days more hopeful and filled with meaning. Make it a practice to find something of beauty each day and be grateful that you are mindful in that moment of your life.

Thank you for all that you do! *Kathy*



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