



RENEWNEWS

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



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In Praise of Savoring

By Linda Hawes Clever, MD

I look forward to the holidays partly because I have begun to triumph over them. I don't claim total victory, but lately I've felt refreshed at the beginning of January rather than exhausted after weathering six weeks of high pressure "joy."

It's been a four part process and requires periodic revision (doesn't everything?).

My first step was a dawning awareness that the holidays tend to frazzle me and I do not like frazzle. Something needed to change.



The second step was to think on what I love about the holidays, and what did I want from them? I want to *savor* them, to enjoy the lovely, meaningful days and nights. I want to relish the holidays, and to remember them, to see them again in my mind's eye: the people, gatherings, inspiration, music, food, cheer, giving, laughing, the traditions (and sometimes adjusting those traditions). I don't want too many of any of these, of course, or else I couldn't savor.

The third step was to collect ways to simplify, to save time and hassle so I could deeply treasure these days. The ideas came in *conversations* and sometimes by accident, and sometimes when my mind was at rest.

The fourth step, was making some changes. You might try some, too.

Some changes may be the "action" kind. You might:

- Pay an eager, whimsical person to wrap presents.
- Ration the number of parties on your schedule. Pick one that doesn't involve freeway travel.
- Send greeting cards or letters late. Don't complain; don't explain.
- Listen to a concert at home in your jammies with hot chocolate at hand.



Some of the other changes may be in the "musing" zone:

- Take time to reflect. Think back on 2010. What were your best times? What is left unfinished? How will you move ahead?
- Find some space for awe. Watch the stars or a baby for a good long time and feel the wonder.
- Plan some fun for 2011. Write it down. That makes the planning more indelible.

We would love to know how you savor; how you simplify and what your musings are that might lead to change. Write us at www.renewjuggler@gmail.com.

Ah, we have so much to savor – and for which to be thankful. Every day.

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RENEW Board Advances at Retreat



The RENEW Board of Directors held a retreat this summer with Kay Sprinkel Grace (at right in photo) as leader. Guest Milt McColl, MD, partner in New Leaf Venture and former San Francisco 49er, brought his unique perspective. Members (in photo from left), Amanda Spivey, Eliza Lo Chin, MD, Jan Boller, RN, PhD, and Gail Glasser (not shown) floated ideas to market RENEW via social networking and ways to expand our donor base through increased stewardship.

Consider one observation: people buy a Black & Decker drill, not because they want a drill but because they want a hole! RENEW programs are the drill with myriad features that will help you and your organization make the desired “hole”, to restore effectiveness and meaning.

What's New at RENEW

- Book sales for *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life* are on the rise. Continued media attention is a big help: Linda's appearance on KQED's *Forum* with Michael Krasny, followed by a signing at Books, Inc. led directly to increased book sales and a program for a church's cancer support group.
- **FemailCreations.com** is featuring the book in its fall/winter and spring catalogs.
- Linda gave Grand Rounds in Family Medicine at Oregon Health & Science University and UCSF/SF General Occupational & Environmental Medicine; San Francisco's VA Medical Center is scheduled in January. Linda will be guest speaker at the annual Junior League of San Francisco Sustainers luncheon in January and the Commonwealth Club of California in February.
- Check our website **www.thefatigueprescription.com** for event details.

What They're Saying About RENEW

- “I took the *RENEW-o-Meter* test and was shocked to see I had only scored 13 points. So I read, re-read and re-re-read your book. I'm happy to say I increased my score to 27!” Visit our website to test yourself and start to refresh — just in time for the holidays: **www.renewnow.org**.
- “I use my values as passwords on my email so I can keep them in mind.”
- “It's good to have self care re-emphasized and framed by being told that it is ultimately not selfish.”
- “I need to stop using email, and discuss issues with my colleagues face-to-face instead.”

Support Makes a Difference

RENEW supporters pay it forward in significant ways. We follow the leads you give us! We give keynotes at meetings for which you recommend us. We also give seminars and workshops and can start entire programs after you introduce us. You have given matching funds, encouraged grants from foundations, offered time and advice, and underwritten RENEW programs where there is great need but insufficient funding. RENEW and the thousands it touches thank you then and now!