A message from Dr. Peter Yellowlees, Chief Wellness Officer

Inspiration

We will rebuild, reconcile, and recover in every known nook of our nation, in every corner called our country, our people diverse and beautiful, will emerge battered and beautiful.

When day comes, we step out of the shade aflame and unafraid. The new dawn blooms as we free it. For there is always light.

If only we’re brave enough to see it. If only we’re brave enough to be it.

So finished Amanda Gorman’s poem, “The Hill We Climb” that she wrote and presented in what many have celebrated as the highlight of our recent Presidential inauguration. An amazing 22-year-old student, the junior poet laureate, who taught us all with her inspirational poem, and with her passion, as she read her stunning piece to the world. If you have not seen her then here she is. If you want to reflect on her messages, like I have been doing, then watch her again, or read the entire poem here.

Since last Wednesday many have already written commentaries about Amanda Gorman, and about her poem. Here is one that I particularly like that focuses on her use of language.

What I heard from her was her fearlessness, her passion, her optimism, her leadership and her intensity. At times she seemed to be singing her poem, presenting it in a musical way that cannot be found by just reading her words. In her case, listening and watching is so much more than just reading.
So here is my suggestion for an exercise in inspiration for everyone. Collect your colleagues together. Watch or listen to Amanda Gorman as a socially distanced group. Then talk about her, and her messages together. Explore and discuss what you think, what you see, what you hear. What messages that she has for you. For us. How following her ideas and her beliefs can help all of us to become more hopeful, more positive, more forward-thinking and collaborative. More inspired.

Then please send your thoughts, ideas and comments to me at clinicianwellbeing@ucdavis.edu. I would love to publish a selection in “Good Stuff” in future editions. Let us see what we can learn from this inspiring young woman. Let us see how she can help us move forward and make 2021 a better year than 2020.

Keep well and, like me, enjoy your vaccination experience if you are in an appropriate tier, so that as many of us as possible can continue working safely inside a UC Davis Health “bubble.”

**Emergency Pavilion**
“Everyone was wonderful in making me comfortable in a scary painful situation. The main 2 nurses were amazing and made me laugh and made me feel like it was going to be ok.”

**S1 Adult Annex**
“Experience was so good I am looking into changing insurance providers to have better access to UC Davis.”

**Same Day Surgery Center**
“The doctors, nurses & all staff were incredible. I’m sure many new policies & procedures had to be put in place amidst the virus, but everything went smoothly, & I was very comfortable. Thank you!”

**Spine Center/PM&R**
“I have had 10 knee replacements at UCD and I have no complaints. You guys are super duper!”
T4 ENT/Internal Medicine

“I’ve had extensive interaction with numerous hospitals over the years as a patient, visitor, employee and chaplain. No other hospital comes close to Davis. UCD is what every hospital should be.”