Well-Being and Self Care

We had a great session on August 3rd about Well-Being and Self Care by Chaplain Bruce Feldstein. He shared a quote from Rachel Naomi Remen, from *Kitchen Table Wisdom*:

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet. This sort of denial is no small matter. The way we deal with loss shapes our capacity to be present to life more than anything else. The way we protect ourselves from loss may be the way in which we distances ourselves from life...We burn out not because we don’t care but because we don’t grieve. We burn out because we’ve allowed our hearts to became so filled with loss that we have no room left to care.”

Read this excerpt from *Being Mortal: Medicine and What Matters in the End* by Dr. Atul Gawande on dealing with death and dying: [https://ideas.ted.com/death-and-the-missing-piece-of-medical-school/](https://ideas.ted.com/death-and-the-missing-piece-of-medical-school/)