

One cannot pour from an empty cup. The growing demands of the healthcare profession, especially in the face of the pandemic and its aftermath, have led to high burnout in this age of overwhelm. Many people benefit by cultivating the 5 Cs for Wellness: Creativity, Connectivity, Collaboration, Compassion and Community.

Dr. Sunita Parikh, an internist who has been delivering outstanding care to an aging population with highly complex medical issues for nearly three decades, finds joy and meaning in medicine by taking the initiative to engage in a variety of programs that help her buffer the inevitable pressures in life. Among them are virtual book clubs supported and often led by an innovative, stellar medical librarian, Hovey Lee, at our medical center. Book clubs for four genres (science fiction,

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Reema Chugh

fiction/non-fiction, romance, short stories/poetry) have helped connect physicians from various departments and locations virtually (mostly on Sunday evenings) during the pandemic and beyond. It helped form a community and allowed physicians to develop an understanding with one another and collaborate more effectively at work.

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HEALING SOULS OF THE HEALERS

