



A Moment of Wellness

Riddles, Poems, and a Song

By Amaryllis Sánchez Wohlever, MD

I needed one. A special moment of wellness. And it came on Mother's Day.

This year, my thoughtful family decided to bless me with a week-long celebration! I received flowers and an assortment of homemade treasures — cards and riddles, poetry penned by my children, and the inaugural *Mom's News* newsletter featuring an interview with our 8-pound pup!* As if all these expressions of creativity and love were not more than enough to fill my soul, I was then given a smartphone to replace the one I should have traded years ago. For the next hour, I was like a little kid discovering new phone features with double the joy, noticing how happy my family was to watch me enjoy their gifts.

And then came the song. A joyful song from the heart composed by my teenage daughter for me and my mother — the grandmother she never met but knows well through my stories. The lyrics celebrate Mami's legacy, a moment enriched by an eloquent pause ... and my daughter's grateful gaze toward the sky.

That pause both stirred and stilled my soul, as may happen in nature, in worship, and when a child is born. Moments when the transcendent intersects the temporal, grounding you to a truth and reality beyond your understanding that imparts peace.

After hearing the song, my husband remarked, "Amazing! Although she never met your mom, her Abuela is such a part of her story and her brothers' stories."

As I listen to the song again and its words of life whisper to my heart, I recall that my children are my legacy. I get to invest in their lives and hearts and then see them impact the lives of others. That, too, is amazing.

By far, this is the most beautiful song I've ever heard. And my family's kindness reminds me of the gift of each day, the impact of our words and example, and the beauty of relationship.

Meaning through Connection

As this pandemic enters a new phase, my physician colleagues remain in my heart. All of you out there sacrificing daily for others, clicking away with imperfect EHRs and serving while masked — protected from invisible threats. My hope is that you continue to find ways to connect deeply with yourself, your patients, and your loved ones, remembering the powerful impact of the gifts of your presence, comfort, and hope.

These moments of connection are what life is all about. Such meaningful moments make our momentary troubles seem less urgent. For me, these thoughtful gifts from the heart eclipsed the uncertainty and distress of this strange time. How? Love took center stage, grounding me there with a deep sense of gratitude.

When moments like these invade your present, suddenly you are centered as well. Grateful. Blessed. At peace. What a gift!

Your Wellness Moment: Take a moment to remember how much you are loved. Connect with the special people in your life, letting them know how much they mean to you. Share a meaningful story with a patient, a nurse, or a colleague. Let love and joy emerge. Let light shatter the darkness, and be at peace.

Resources

1. * [Be Like a ... Dog?](#)
2. [The Gift of Gratitude](#)

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