

# A Moment of Wellness

## Hope Emerging

By Amaryllis Sánchez Wohlever, MD

Silver linings. Even hearing that phrase seems to spark hope in our circumstance. Picture it now — that thin bright edging along a dark cloud hinting the sun is right there, radiant, just waiting to emerge. When thick clouds flood our skies, it helps to discern silver linings!

Life has changed so abruptly. Increasingly, we're surrounded by masked faces, losing freedoms, fearing job loss or an uncertain future. So how do we perceive those silver linings that spark hope in the midst of anxiety? At first, we work at it. We are intentional. And we surround ourselves with people who are good discerners of thin strips of light!

Most of us know people like that, and this is a good time to get in touch with them. A frequent check-in with a friend, colleague, or loved one who is more optimistic than we are is a great idea throughout the pandemic. If you're not already doing that, why not start right now with a text, call or email?

One practice I instituted during this crisis involves mailing a handwritten note to a few new people each week. This has helped me process this time while also nurturing relationships I value yet don't always cultivate. It has helped me feel less alone and find meaning despite the uncertainty. And their sweet, witty, and hopeful responses are now some of my silver linings!

**Your Wellness Moment:** How's it going? Are you staying close to people or feeling isolated? Reach out to someone today. And commit to surrounding yourself with people who increase your sense of well-being and hope.

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