

A Moment of Wellness



The Gift of Gratitude

By Amaryllis Sánchez Wohlever, MD

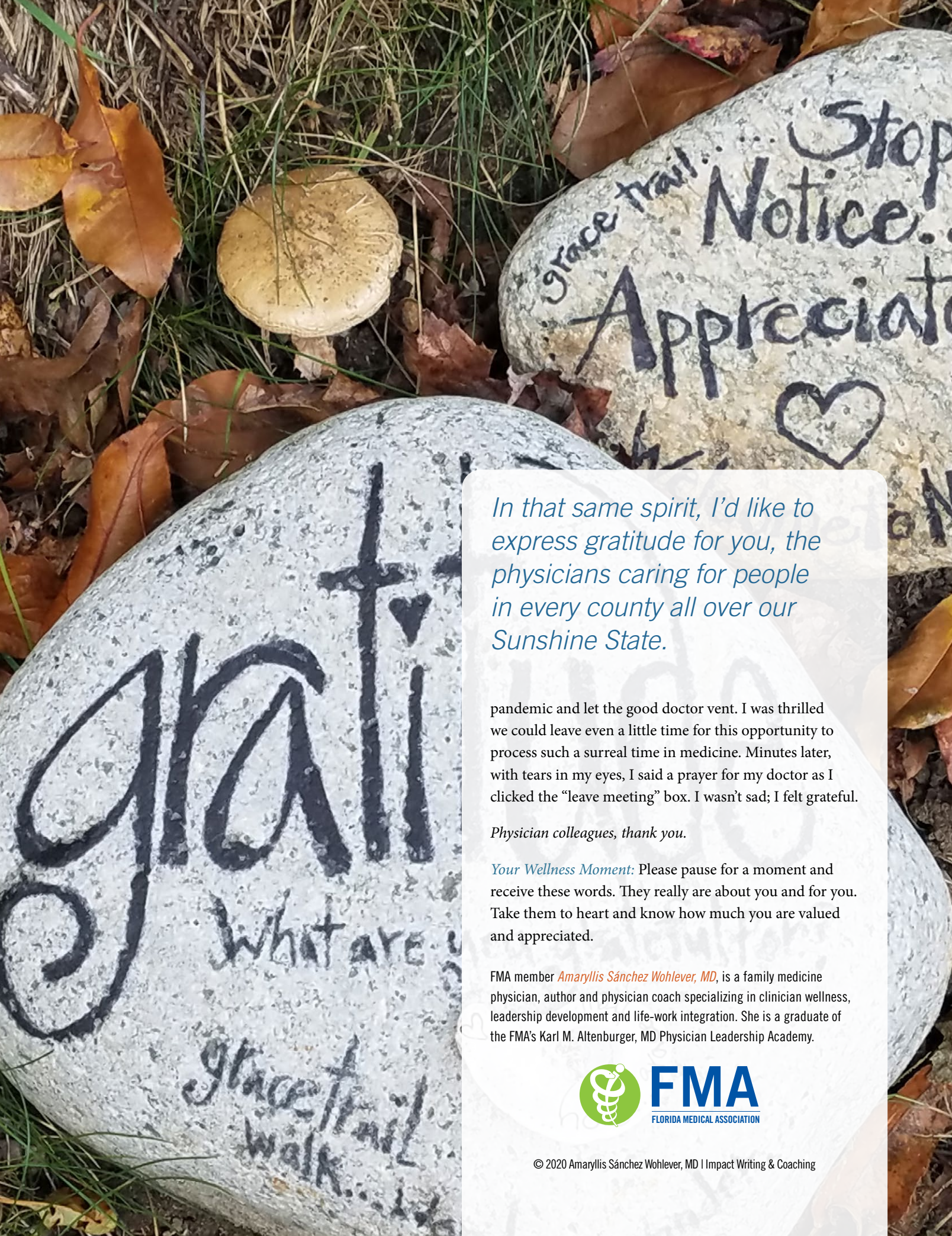
Last week, during a virtual study with physicians, a theme evolved during our conversation; two themes, actually. The first one had to do with chickens. Yep. We connected and laughed telling stories about chickens from our small-town neighborhoods and farms. I recalled a man I helped after a hurricane years ago who expressed his gratitude by offering me a live chicken — a heartwarming memory!

Although poultry was not on our agenda, I was grateful for the lightness that allowed us to later explore the many emotions we're all experiencing during this pandemic. And that was the second theme that emerged: gratitude. As we took turns sharing a positive story from the week, we noticed how meaningful it was to not only tell our stories but also hear each other's stories. Gratitude seemed to permeate the space, and I could sense a collective exhaling as we enjoyed the stories we heard or relived our own. It was special.

In that same spirit, *I'd like to express gratitude for you, the physicians caring for people in every county all over our Sunshine State.* You are the ones whose ears, feet, and heart ache at the end of a physically and emotionally exhausting work day. You've had to train your loved ones — even your little ones — not to hug you when you get home to keep them safe. You keep reading articles, attending CMEs courses, and learning all you can about an invisible enemy so you may care for every patient in the best way possible. You're also the ones testing new platforms, getting on virtual calls, and immersed in technology you wouldn't necessarily choose.

You have been flexible, adaptable, and resourceful. And it is your commitment to excellence and your servant hearts that make our profession noble. Sacred. A gift.

Last month, I had a virtual appointment with my physician — a new experience for sure! When all my questions were answered, I asked how it's going providing care in the



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pandemic and let the good doctor vent. I was thrilled we could leave even a little time for this opportunity to process such a surreal time in medicine. Minutes later, with tears in my eyes, I said a prayer for my doctor as I clicked the “leave meeting” box. I wasn't sad; I felt grateful.

Physician colleagues, thank you.

Your Wellness Moment: Please pause for a moment and receive these words. They really are about you and for you. Take them to heart and know how much you are valued and appreciated.

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