

# Healthy Healers

## Provider Well-Being Committees

Welcome to the inaugural edition of the Healthy Healers newsletter from Salinas Valley Health. We are excited to connect with you through this format and hope you will contribute by sharing your thoughts on how to maintain health, by submitting editorials, research, interesting cases, and by providing quotes, poetry and art. As we travel through this practice of medicine together, our goal is to deliver this newsletter to you twice a year. We welcome suggestions as to how we can enhance the newsletter to make it more meaningful to you and your fellow physicians.

Salinas Valley Health recognizes that while the practice of medicine can bring joy and gratification, it is also challenging in many ways. The Salinas Valley Health Provider Well-being Committee partners with our organization and our physician community to create a culture that promotes health, well-being, equity, inclusion, and professional and personal fulfillment for our healers.

### The Five Habits of the Heart



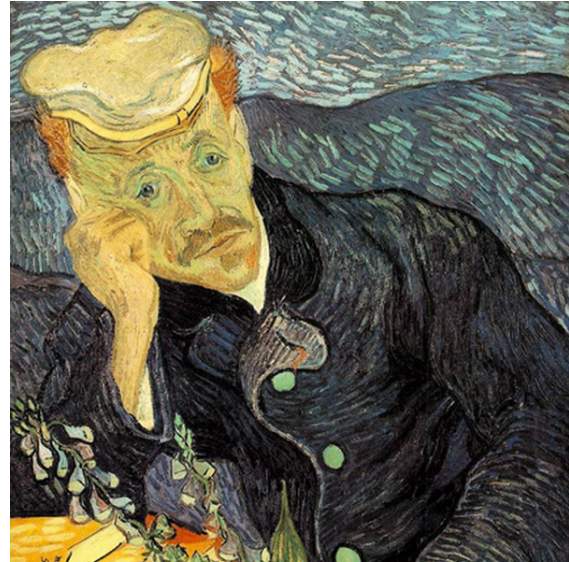
The human heart is the first home of democracy. It is where we embrace our questions. Can we be equitable? Can we be generous? Can we listen with our whole beings, not just our minds, and offer our attention rather than our opinions? And do we have enough resolve in our hearts to act courageously, relentlessly, without giving up—ever—trusting our fellow citizens to join with us in our determined pursuit of a living democracy?

Click the button to read the full article.

## The Five Habits of the Heart

### Dr. Paul Ferdinand Gachet - Vincent Van Gogh's Doctor

Paul Ferdinand Gachet, MD, was Vincent Van Gogh's doctor beginning in 1890 when Van Gogh left the Saint-Paul de Mausole asylum in southern France until his suicide several months later. Gachet was himself an artist, and Van Gogh found in him a kindred soul saying, "I have found a true friend in Dr. Gachet, something like another brother, so much do we resemble each other physically and also mentally." Van Gogh wrote to his friend Paul Gauguin that the doctor's "sensitive face" carried "the heartbroken expression of our time." One of the most beloved paintings of Van Gogh's, in 1990 it was sold for \$82.5 million at auction (~\$150 million today).



### The Journey



One day you finally knew  
What you had to do, and began,  
Though the voices around you kept shouting  
Their bad advice,  
Though the whole house began to tremble  
And you felt the old tug at your ankles  
"Mend my life!" Each voice cried.  
But you didn't stop. You knew what you had to do,  
Though their melancholy was terrible.  
It was already late  
Enough, a wild night,  
And the road full of fallen branches and stones  
But little by little, as you left their voices behind,  
The stars began to burn through the sheets of  
clouds,  
And there was a new voice,  
Which you slowly recognized as your own  
That kept you company  
As you strode deeper and deeper into the world  
Determined to do the only thing you could do,  
Determined to save the only life you could save.

## The Journey

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## Provider Wellness Webpage



Our recently launched webpage is now live! This page contains information about our wellbeing committees, peer support program, counseling services and more. Scan the QR Code or click the button to learn more.

[Provider Wellness](#)

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