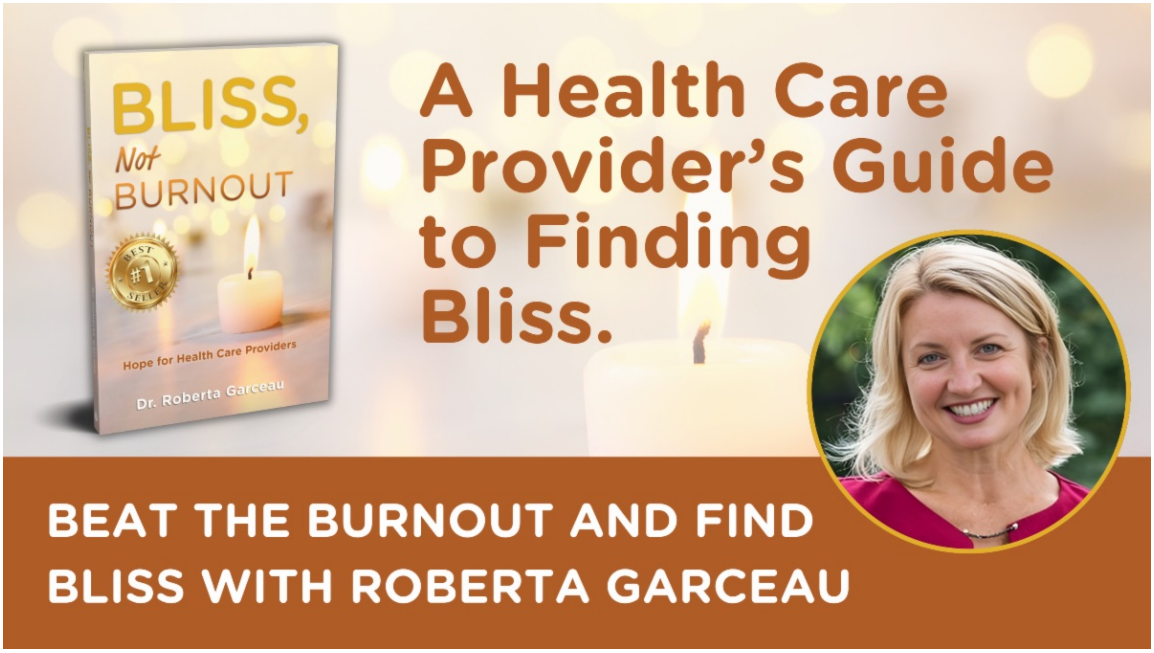

Hey, it's Roberta here. While I generally strive to be uplifting, I'm equally committed to being authentic, and I've got to be honest with you—I'm hurting right now. After a brutal battle with a series of unfortunate events, sadly my mother passed away last week. Our entire family is feeling all the feels right now, undulating through the stages of grief, and riding the waves that often come crashing, and at other times feel flat.

In chapter 2 of *Bliss, Not Burnout: Hope for Health Care Providers*, there is the reminder:

"You've got to deal with the feel in order to heal."

To get in touch with your feelings and care for yourself in just a couple minutes, check out timestamps 28:22 -31:50 in my Vata Validating Yoga video below:

https://www.youtube.com/channel/UCl0m4XjojRLYkmGu7mKMU0w

Wishing you joy, wellness, and just a bit more Bliss!

Roberta Garceau

PS: I understand that email inboxes can get pretty crowded. With respect and consideration for your time, I send only two emails per month. You can expect one that is mainly a check-in about goings-on and any workshops/offerings (similar to this), and another that focuses on simple, actionable steps to enhance your health, function, self-esteem and overall well-being. You can reach me at **roberta@drrobertagarceau.com.** I look forward to your feedback

Scan the QR code below or visit **https://geni.us/BlissNotBurnout** to purchase a copy of *Bliss, Not Burnout.*

Will I See You There?

Beyond Burnout: Cultivating Resilience and Joy in Healthcare

Presented by Dr. Roberta Garceau, Author of Bliss, Not Burnout

Join Dr. Roberta Garceau for an inspiring and transformative session on how to overcome burnout and cultivate lasting resilience and joy in the healthcare profession. Drawing from her expertise and insights from her book *Bliss, Not Burnout*, Dr. Garceau will guide you through strategies for fostering a positive mindset and creating sustainable well-being in the demanding world of healthcare.

Date & Time:
Monday, March 24th, 2025 @ 10:30 AM

Location:
Connecticut Academy of Physician Assistants Annual Conference
625 North Road, Groton, CT 06340

Don't miss this opportunity to gain valuable tools for enhancing your personal and professional well-being in healthcare.
Learn how to thrive, not just survive!