## **Alberta Doctors' Digest**

### Poetic thoughts from an Alberta doctor

#### Mystery of life

Sometimes it's just, right,

Sometimes it's corrupt, unfair,

Sometimes it loves like the summer sun on moist skin,

Sometimes it hurts like the bitter cold on icy toes,

Sometimes it hits like the rough waves on the rock,

Sometimes it caresses like the calm blue sea.

Sometimes its short, done in a blink,

Sometimes it declines ending, is lonely, sad,

Sometimes it's filled with joy and laughter,

Sometimes it's a pit of sorrow.

Always a mystery,

Who knows what one gets,

Yet this is life,

One worth the breath.

#### Help

Sit in the corner

Cold chair

Wait patiently

Posters on the wall

Mental health

**Apnea** 

Alberta Doctors' Digest Page 1 of 3

Stare Mind distressed Body vibrates Wonder if there is help Hope and pray Mother said go She will know To trust This unknown Should leave Keep my secrets In my soul Doctor comes in No white coat Stethoscope Seems normal Voice calm Looks me in the eye **Smiles** Listens Ask questions Silence Space Maybe mother was right Maybe I can share Maybe I can get help

Help lines

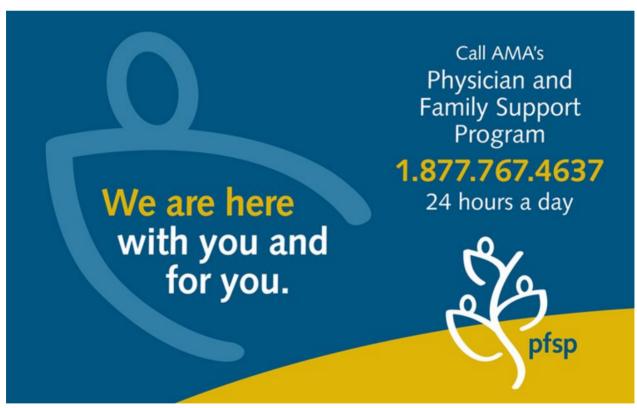
Alberta Doctors' Digest Page 2 of 3

# The Physician and Family Support Program (PFSP) invites original physician poetry submissions

We invite Alberta physicians in any career stage to send in their original poems/prose to be considered for publication in the PFSP Perspectives column in future issues of *Alberta Doctors' Digest*.

- Submissions (under 500 words please) can be emailed to <u>pfsp@albertadoctors.org</u>. Please put the phrase "poetry submission" in the subject field of the email.
- We will acknowledge receipt of your submission. If it is selected for publication, we will work with the editor of *ADD* to determine when it can be published.
- For further information or questions, please email <a href="mailto:pfsp@albertadoctors.org">pfsp@albertadoctors.org</a>, and one of our team will get back to you.

Banner image credit: Gerd Altmann, Pixabay.com



We are here with you and for you: call 1.877.767.4637

Alberta Doctors' Digest Page 3 of 3