

# 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

Help lines

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

Let's start here


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## 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 [pfsp@albertadoctors.org](mailto:pfsp@albertadoctors.org). 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 [pfsp@albertadoctors.org](mailto:pfsp@albertadoctors.org), and one of our team will get back to you.
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