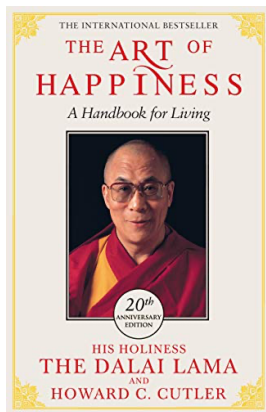


Resources: Spring 2021

By Eric Holshouser, SPT, PE

What We're Reading



THE ART OF HAPPINESS: A HANDBOOK FOR LIVING BY THE DALAI LAMA AND HOWARD C. CUTLER

It seems that in life and in healthcare most people are consumed by busyness, simply jumping from one worry to another. We always have another fire to put out or another deadline to meet. Productivity and politics reign supreme. It can feel like a constant uphill battle to embrace our humanity and that of our patients. What can we do to embrace a life of happiness, compassion, and love that will undoubtedly enhance our own lives as well as those we care for?

In the *Art of Happiness*, Howard C. Cutler synthesizes dozens of interviews with the 14th Dalai Lama into an accessible guide to overcoming everyday problems and cultivating lasting joy. He translates wisdom from thousands of years of Tibetan Buddhist tradition into a framework that is inviting and complimentary to beliefs from any religious or secular tradition. The authors examine the sources of true happiness and teach how to train the mind to tap into those sources. They explore building intimacy, warmth, and compassion in a down-to-earth and practical manner. Also, Cutler unpacks the inevitability of human suffering and how people can limit their own suffering, alleviate suffering in others, and find meaning and happiness in the suffering that is inevitable. *The Art of Happiness* offers countless nuggets of wisdom to not only help rehabilitation professionals in their own lives, but also to help them connect with their patients on a fundamental human level.

COMPLAINERS, BY RUDY FRANCISCO. SPOKEN WORD VIDEO

Complainers by Rudy Francisco brilliantly shifts our perspective on the phenomenon of complaining, which can be all too common among many healthcare professionals. This poem takes the listener on a

journey through humility to a refreshing excitement for the path that lies ahead, even when life feels out of control. Our circumstances may be frustrating at times, but Rudy reminds us that we are “still alive,” so “act like it.”

What We're Watching

FLOURISHING IN AN ERA OF UNCERTAINTY. GOLD HUMAN INSIGHT WEBINAR

Dr. Ron Epstein, co-founder of Mindful Practice, examines how to flourish in these times of uncertainty and fear.

2020 has been an incredibly difficult, unsettling, and tragic year. In this Gold Human InSight Webinar, Dr. Epstein, professor at University of Rochester, shares how to be present and robust in times of fear. With both practical techniques and deep insights, Dr. Epstein focuses on turning toward dissonance rather than ignoring or suppressing it. By being attentive and being in each moment fully, you can flourish even in this era of uncertainty.

This webinar was taped live on Oct. 1, 2020 and is now available as a recording.

THE SOCIAL DILEMMA. NETFLIX DOCUMENTARY



Directed By: Jeff Orlowski

Produced By: Larissa Rhodes

Written By: Vickie Curtis, Davis Coombe, Jeff Orlowski

The Social Dilemma is a Netflix documentary that brings to life the profound impact of social media on our lives and our society. Despite the many benefits of connecting people around the world, social media has been used as a tool to destabilize our political structures and increase polarization. The addictive nature of social media on mobile devices can be a threat to our mental health, and many are unaware how they are being influenced.

The documentary interviews many technology experts who helped create social media platforms with good intentions, but now are realizing their profound negative effect. They explain to the audience how sophisticated design principles and artificial intelligence are used to exploit human weaknesses to keep people engaged with their devices.

Health professionals need to be aware of how social media is potentially influencing themselves and their patients. As point-of-contact healthcare workers, should rehab professionals start to address social media use with our patients?

More Information:

<https://www.thesocialdilemma.com/>

HOW TO HAVE BETTER POLITICAL CONVERSATIONS. TED TALK BY ROBB WILLER, PH.D.

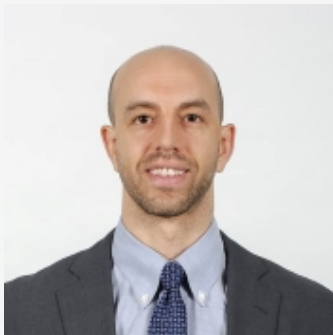
Coming off the recent election, it has never been more apparent that our nation is becoming more and more divided. The political vitriol has often crossed over into the healthcare setting—and often there are patients

that want to talk politics. While it is up for debate whether healthcare professionals should engage in political discourse, for those who do, Robb Willer shares insights to help us understand our political differences. He offers techniques to engage in respectful and productive conversation with those that have different views from our own. Dr. Willer helps us explore the underlying values that influence political positioning and shows us that our differences might not be as extreme as they may at first appear.

[JIM VALVANO'S ESPY SPEECH \(1993\)](#)

In an emotional and heartfelt speech, the late basketball coach Jim Valvano shares his passion for life just before his death from cancer. He implores us to never give up and to laugh, think, and let our emotions be moved to tears every day. This powerful speech kicked off the Jimmy V Foundation for Cancer Research, which has raised over \$250 million for cancer research since its inception. Jimmy V, even 28 years after his death, continues to inspire people from all walks of life to embrace the precious moments that we have together—no matter our circumstances.

About the Author



Eric Holshouser is a fourth-year Doctor of Physical Therapy and Master of Business Administration dual-degree student at the School of Medicine and Goizueta Business School at Emory University in Atlanta, GA. Prior to attending Emory, Eric served as a civil engineering associate at the Haskell Company in Jacksonville, FL and earned his license as a Professional Engineer in the State of Florida. He received his Bachelor's and Master's Degrees in Civil Engineering from the University of Florida in Gainesville, FL. During Eric's time at Emory, he founded the DPT Sustainability Club, served as Allied Health Council President from 2017-2018 and was awarded the Gordon Siefkan Outstanding MBA Achievement Award in 2020. His interests include orthopedic physical therapy, health promotion and wellness and leveraging business to improve human well-being. Eric hopes to deepen his understanding of the humanities to bring concepts of health and well-being to life as well as to promote compassionate dialogue in our oft-polarized society.