

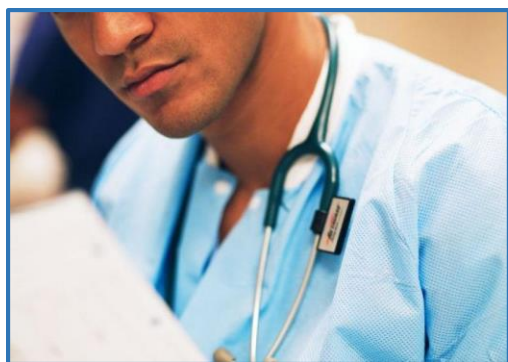
Helping the Helper

The story is told of a young man who came to a renowned doctor in Paris complaining of depression. He asked what he could do to get well.

The doctor thought of a well-known young man named Grimaldi, a leader of café society who cut a wide and lighthearted swath through Paris nightlife.

The doctor told the young man, “Introduce yourself to Grimaldi. Let him show you how to enjoy yourself and you will get well.”

The downcast young patient looked up with a sardonic smile and said, “I am Grimaldi.”



The question, then, is: Who helps the helper?

It is an appropriate subject for those of us in health care. Too often, we get so focused on the needs of others – and that is a good thing; it is our mission – but we neglect to take care of ourselves.

We should know better. In the profession to which we are called, we realize the value of appropriate rest, good exercise and careful diet.

Let us faithfully apply those principles to ourselves. In other words, practice what we preach.

We will be better for it, and it will make a difference to those we serve, too.

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul (3 John 1:2 ESV).

– Beecher Hunter