



## Perspective/Opinion

### Three Questions for Amy Zosel, MD, MSCS

#### New Year's Resolutions

**Transformational Times:** What is one thing that you hope for when you think about 2023? Why?

*In 2023, I hope for opportunity to reconnect with family and friends. As front-line health care providers, we were asked to ramp up our work, and pour time and energy into solving new problems. There were extra planning meetings and task forces to develop COVID-related clinical pathways and creatively move education to online platforms. While people in other sectors found time to pursue baking sourdough and playing board games, we were busier than normal.*

*Many of us were also trying to figure out how to do online school at home with our kids. As this business dissipates, my hope is to spend more quality time connecting face-to-face with loved ones. I am especially looking forward to travel this year.*

**Transformational Times:** Do you have a new year's resolution that you can share with us? What inspired you to choose that? How is it going so far?

*Our department of Emergency Medicine did an exercise challenge this fall. (Nothing like a little friendly competition to get you on the treadmill). Fitting in a little exercise everyday feels great, so I am aiming to continue that. Thanks, MCW EM wellness committee!*

**Transformational Times:** What do you see as an example of the "new normal" in our world? How do you feel about it?

*An example of the "new normal" is the opportunity to take meetings via Zoom. While this offers certain flexibility and cuts down on commute time, it can be difficult to engage deeply both at home and at work. We need to make sure meetings are meaningful and that we are giving our families the attention they deserve.*

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