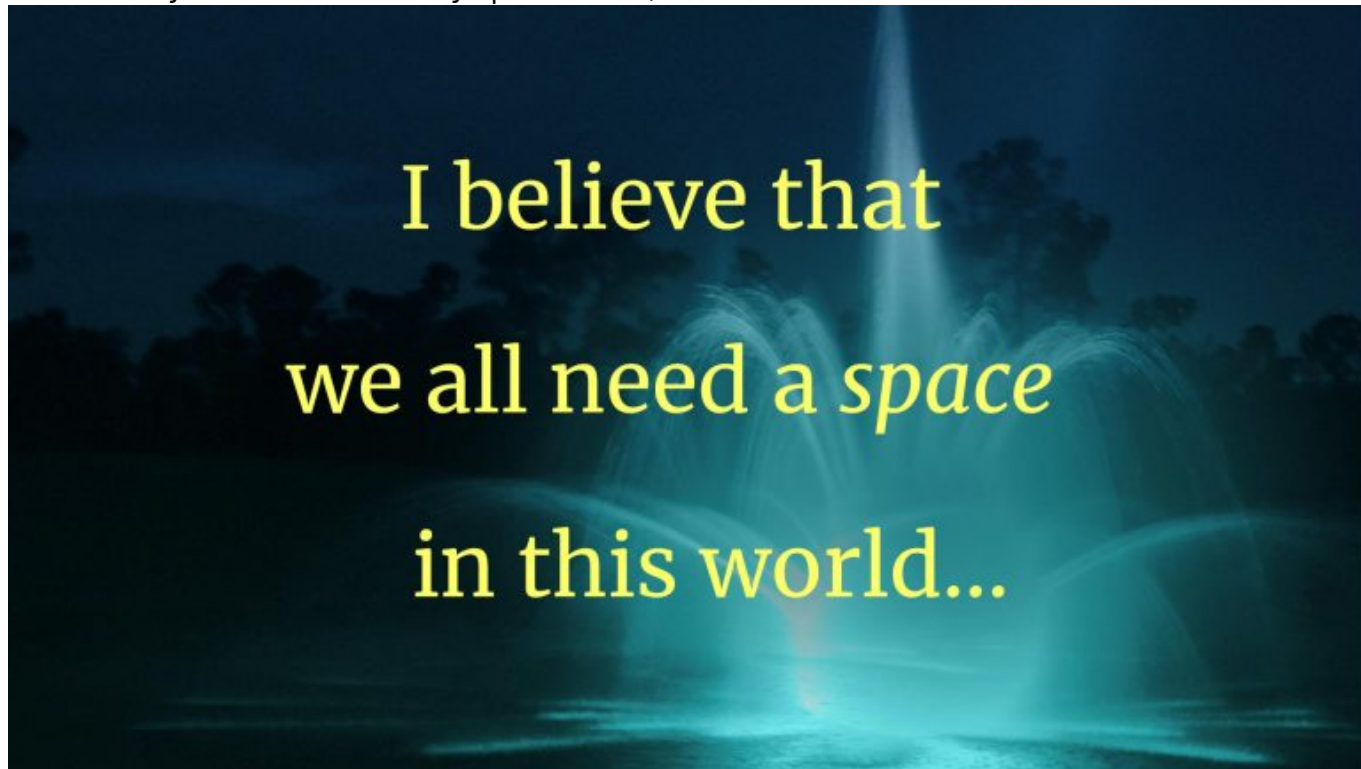


A Few Words from Pulse's New New Voices Editor

Category: New Voices

written by Colette Stanley | June 17, 2023



Dear *Pulse* readers,

I remember when my late mentor Deb Taylor (now a guardian angel) introduced me to *Pulse* during my family medicine residency. She led a reflective exercise on "Something that surprised you." I wrote about a fetal demise case where, for the first time, I saw an attending physician showing vulnerability.

Soon after that, Deb called me into her office, showed me the *Pulse* website and explained that *Pulse* was an online magazine where people shared their personal stories about health care. She encouraged me to develop my reflective piece and submit it for possible publication.

I was hesitant at first. Even though I enjoyed writing, up to that point I had only ever written for my own eyes. I had never shared my personal writing on such a platform before. I was scared of rejection and of being judged by people I didn't know.

I heeded Deb's advice, however, and with the help of *Pulse* editors, my seemingly insignificant reflective story became [A Good Cry](#), published in June 2018.

Over the years I have submitted a few more of my stories to *Pulse*. Each time, I still feel some anxiety about how my story will be received. I usually push

through those feelings, and without fail I come out on the other side encouraged and thankful for this space.

My name is Colette Stanley. I am a family physician currently transitioning into hospice and palliative medicine. I am an immigrant, originally from a small Caribbean island, St. Vincent and the Grenadines, and have made a home in Maine with my husband.

To call myself a “writer” feels too heavy, but it is something I enjoy doing. I also love the outdoors; sign me up any day to relax by any body of water with a good book. I am also a humanitarian at heart, with a love for global health.

I’m passionate about narrative medicine and am very honored to take on this new role as editor of *Pulse’s New Voices* feature.

I believe that we all need a space in this world—a space where we feel welcome, heard, understood and loved. If the COVID-19 pandemic taught us nothing else, it taught us the value of community, including a virtual one.

Pulse has intentionally created a community where people can relate to each other through their stories, poems and artwork. *New Voices* builds on that by carving out a special place for people who might otherwise feel “othered” in medicine—who might feel that their voices are not being heard.

I know that feeling personally. If you have ever felt that way, *New Voices* was created for you. As its incoming editor, I am excited to welcome you to this space and to work with you to share your story, to find your community.

I don’t think I ever thanked Deb for introducing me to *Pulse*, but in my new role I will honor her memory. I understand if you feel apprehensive about sharing your story. I’ve been there. I encourage you to face those fears.

As Brené Brown, a researcher and storyteller herself, has said, “Vulnerability is the birthplace of connection and the path to the feeling of worthiness.”

Have a look at our [New Voices](#) page. And if you’d like to submit a story, please use this [New Voices Submission Form](#).

I look forward to connecting with you.

Sincerely,

Colette Stanley
Pulse New Voices Editor