FAMILY MEDICINE · DOCTOR'S NOTE

To whom it may concern:

_____

is hereby excused, on medical advice, from the following:

- ☐ Alarm clocks
- ☐ Mondays
- ☐ Lunch at a desk
- ☐ Meetings that could have been emails
- ☐ Being reachable
- ☐ Feeling guilty about resting
- ☐ Explaining anything to anyone
- ☐ _____

Duration: indefinitely. **Refills:** unlimited.

The Out-of-Office Doctor

PHYSICIAN

DATE

Write her name in, photograph it for the group chat and tape it to the fridge. From the book *Doctor's Orders: Enjoy Your Retirement*.