

## Wellness Story of the Month

# AMOS MWAURA



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### Reflections from Amos, M1

"As medical students, it is easy to get tunnel vision and solely focus on reaching checkpoints. **That's why it is important to consistently reflect upon one's journey and find ways to show compassion, empathy, and gratitude.**

Currently, my main method of reflection is a mindfulness journal. It provides me with short prompts to reset my focus and make the most out of my day. I also like to use my Notes app when an interesting interaction happens that I want to reflect upon.

### **Movement is essential in relieving one's stress and tunnel vision.**

Currently, my runs have been short and slow paced, but it is at a level where my mind and body are relaxed, which helps me be my best in my personal and academic life.



Check out **GRACE** or **If You're Reading This** for student groups practicing reflection.

RESET  
YOUR  
FOCUS

It often seems like we have no time to reflect or stay active, but I promise you do if you take a look at your week and prioritize your self-care. By doing so, you will make the most of this journey."

