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.

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.”