

Wellness Story of the Month

NATHANIEL MESHBERG



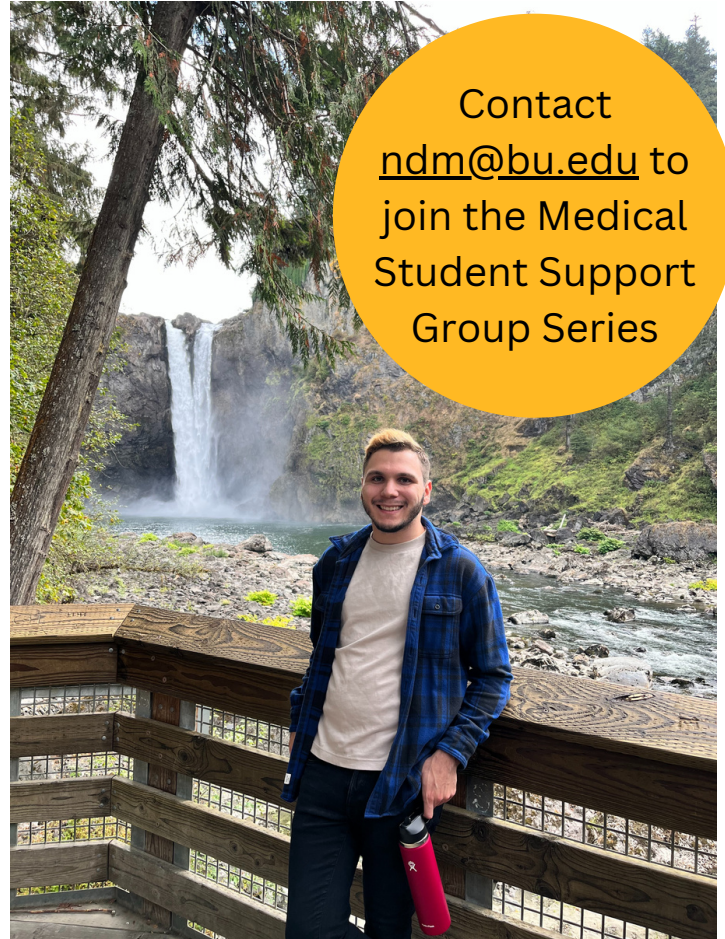
April 2023

Reflections from Nathaniel, M2

"During my first year of medical school, I couldn't help but shake the feeling sometimes that I was struggling more than my fellow classmates – not just in terms of studying, but also with making friends, taking on enough extracurriculars, and taking care of myself in general. This habit of making comparisons, though, only ended up causing more distress for me.

As I began to deepen my connections with my peers and show more vulnerability, I realized, surprisingly, that my classmates were going through many of the same challenges as me. The realization that I wasn't alone was what led me to ultimately creating the Medical Student Support Group Series.

I started these support groups hoping to provide an accessible space for students to gather and discuss their struggles. Conversation was centered around broad and relevant topics, such as failure and imposter syndrome. By discussing these topics with one another, students realized that they had many struggles in common. **It wasn't so much a place to find exact solutions to these problems, but more so a place to find encouragement and a sense of belonging.**



Contact
ndm@bu.edu to
join the Medical
Student Support
Group Series

Sometimes, we get into the habit of thinking that we're struggling when no one else is. But once you see through the appearances that we all keep up in our everyday lives and stop comparing yourself, you'll see that you're not alone. **It's human to struggle. So, we ought to accept ourselves and just focus on being the best version of ourselves that we can be."**

