

Wellness Story of the Month

ZIYAD MCLEAN



May 2023

Reflections from Ziyad, M4

As graduation nears, I can't help but think of how thankful I am to my family. I've encountered some of my toughest challenges during the past four years, with the pandemic complicating the situation as it did for all of us.

Through these obstacles, I was once again reminded of the **importance of having a strong support network. My family offered encouragement and motivation when these were most needed.** I vented with them about my days, and loved to call them with good news.



Check out these tips on [How to Have Meaningful Conversations](#)

Reflecting back on my medical school years, **I truly think that this helped ground me, support me with the workload, and navigate through the unexpected.**

I know that residency will bring its own set of challenges that I can't prepare for - but I take comfort in knowing that I can count on my family to be there regardless of what occurs.

