

Wellness Story of the Month

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Reflections from Giancarlo, M3

“When I began 3rd year, one of my main worries (in addition to learning how to read an EKG and not getting lost in the BMC emergency department while finding someone to help me read an EKG) was whether I’d have work-life balance, whatever that meant.

In my first two years of school, I had work-life balance. Sure, I spent more than a few Saturdays in the anatomy lab memorizing foot tendons, but I still managed to make friends, meet my girlfriend, exercise and take weekend trips.

I assumed it was merely a question of time: The first two years had more free time than 3rd year, so my social life could equate to the same number of hours as work.

This is partially true of course. 3rd year involves longer hours and more work.

I realized the truth about work-life balance is that it is not a literal balance.

You will have times where you basically live in the hospital and what you look forward to is burrito day at noon conference. That’s ok. You will have other times where you do bar trivia and a Sox game on consecutive nights. That’s also ok.



Check out these simple tips to stay connected with others while in medical school.

The important thing is being consistent with things, like studying or exercise, so that you have the flexibility to take breaks. Make rules that set you up for success, but have rule #1 be that you’re happy.

