

Wellness Story of the Month

PUNIT MATTA



December 2023

Reflections from Punit, M4

“For me, **the key to nurturing flexibility is listening to my gut feeling.**”

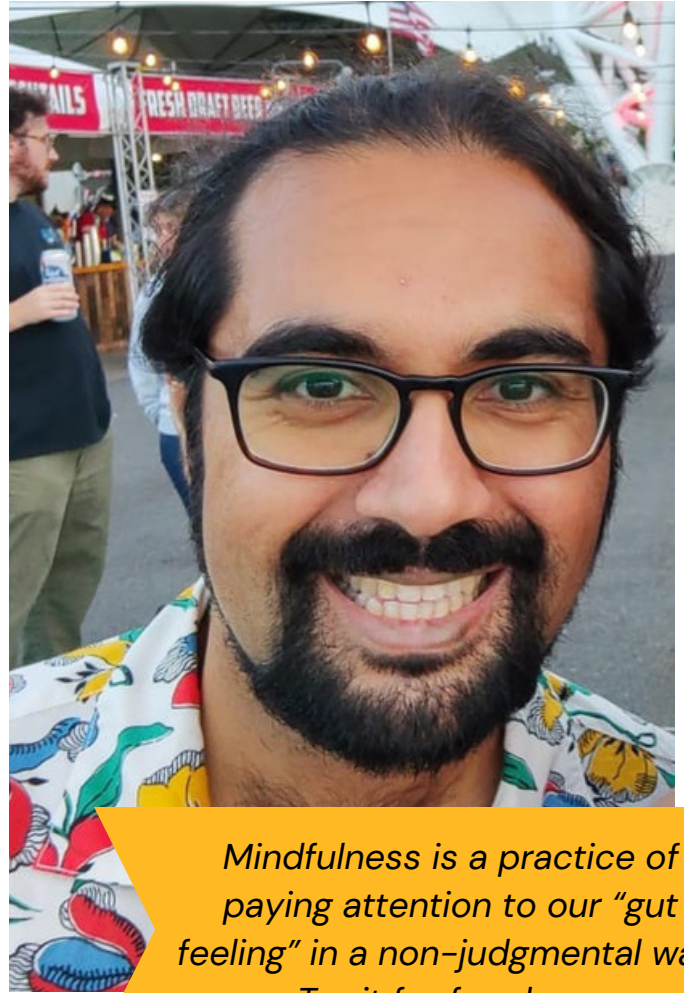
I believe they are unconscious decisions; a synthesis of all the things we perceive, but don't actively think about. Paying attention to my gut feelings have helped me craft a satisfying work-life balance.

It can be perfectly reasonable to take on all kinds of tasks and behaviors because they make sense for our end goals. However, **I've benefited a lot by learning to notice when something doesn't feel right and asking questions about why.**

Is this specialty really the right fit for me if the science is fun, but the workflow isn't? Do I want to add a new research project to my schedule because it's all I can imagine doing or because of anxiety about not matching to residency?

Rewriting your story

My image of myself as a doctor looks quite different from what I imagined five years ago. It aims for different peaks; it's a little broader and less focused on abstraction. In my future, I'm always holding hands with somebody I love.



Mindfulness is a practice of paying attention to our “gut feeling” in a non-judgmental way. Try it for free [here](#).

Rewriting this story took time and some courage but more than anything else, it feels aligned with my nature in a way it didn't before I learned to trust my gut.”

