

ANGELA S.

WELLNESS STORY

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Therapy
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“AFTER ENTERING MEDICAL SCHOOL, I CAME TO REALIZE THAT IT WOULD TAKE MORE THAN THE USUAL AMOUNT OF SELF-CARE TO KEEP ME GROUNDED...”

Combatting burnout feels like trying to quench an insatiable thirst, with brief sips providing only temporary relief. When I faced burnout, I felt detached from my true self. Even my most cherished hobbies, like pottery, ceased to bring me joy. With my therapist’s help, I learned to ground myself in a more lasting, sustainable way.

Now, when I feel glimpses of joy, I try to savor it. I invite sadness, instead of shying away from it. I cultivate gratitude for the present, strengthening positive thought patterns. And I try to identify thought distortions whenever they arise.

What has helped tremendously is prioritizing my wellbeing over success or recognition. While not always feasible, I try to finish studying by 6pm. I exercise then cook a delicious meal. At night, I learn figure drawing via YouTube. Biweekly, I seek refuge in the pottery studio. I shape clay as an outlet of uninhibited expression and leave feeling healed, regenerated, and fulfilled.

By understanding my tendencies and shifting focus to overlooked needs, I’ve arrived to a former place of passion for medicine and hobbies. **Crucial in sustaining this joy is the conviction that I am doing enough, understanding that my wellness is paramount to my development as a compassionate and skillful healer.**