

ADJOA F.

WELLNESS STORY

M1 | MARCH ISSUE | 2024



Check out
[“5 Meditations
to Cope with
Stress”](#)

**“JUGGLING EXAMS, RESEARCH,
AND LEADERSHIP POSITIONS
WHILE TRYING TO STILL MAKE TIME
FOR YOURSELF, YOUR HOBBIES,
AND YOUR LOVED ONES IS
STRENUOUS TO SAY THE LEAST.**

I’ve often found myself in a perpetual frustrating cycle where I think about all the tasks I need to accomplish, get overwhelmed, and then get upset at myself for being stressed.

As I approach the end of my first year, I am slowly coming to terms with that fact that stress is an inevitable part of medical school but more importantly, it’s a part of life. There is always going to be a laundry list of things to get done and I have little to no control over that. What I have control over is how I deal with that stress. For me, some of those things are:

- Journaling at the end of the day
- Watching my favorite TV show
- FaceTiming my friends and family who remind me of the reasons I am here and who I am
- Surrounding myself with friends who make me laugh and tell me to go study
- Making a to-do list— and sticking to it
- Sometimes, a few melodramatic crying sessions in my room

Sometimes, it is difficult and I feel guilty for taking time to take care of myself. But in doing so, I feel more capable and it makes my day to day feel less daunting, even before LPAs.

Find what makes you feel refreshed and do that. The cliché is right, you can not pour from an empty cup. Pour into yourself. You deserve it.”