

# TINA B.

## WELLNESS STORY

M3 | NOVEMBER ISSUE | 2024

Find centering  
and perspective  
during Spiritual  
Care Hours  
Thursdays  
12-1pm in A2



**"THE MOST BEAUTIFUL PART WHEN YOU HAVE AN OPEN MIND, IS MANY OF THE OCCURRENCES IN LIFE ARE THERE TO MAKE YOU STRONGER OR HELP YOU GROW, EVEN WHEN IT IS HARD TO REALIZE IN THE MOMENT."**

"Life is full of surprises, good and bad.

A lot of us in the medical field love the feeling of certainty, whether it is in how we help our patients or how we schedule our day-to-day life. When something comes across our path that is unexpected, it can be a challenge to recover from it.

A lot of those surprises may be seen as bad, but sometimes, all it takes is a change in perspective. I would say take all the time you need to process the information, and only when you are ready, try to think of ways that this news could be something that could add back into your life positively. Being open-minded can help you realize that the "surprise" may be something good at the end of the day.

Practicing wellness in the forms I value has also helped me grow in being flexible. Singing is one of the most important parts of my day but keeping at it while having a busy schedule is challenging. I have learned to make it part of my day such as learning lyrics or making covers with my friends.

The most beautiful part when you have an open mind, is many of the occurrences in life are there to make you stronger or help you grow, even when it is hard to realize in the moment. Like I said, life is full of surprises. Sometimes, taking a step back and losing a little bit of that control and need for certainty, can allow you to be more flexible and open minded. And maybe at the end of the day, you'll see that that day was indeed rewarding."