

# AMOS M.

## WELLNESS STORY

M3 | SEPTEMBER ISSUE | 2024



Need some help  
balancing  
everything in  
your schedule?  
Chat with an  
SAO Dean

**"REFLECTING UPON MY WELLNESS  
STORY FROM 1ST YEAR, I'VE  
STARTED MANIFESTING THE LINE,  
I DO HAVE TIME."**

*I don't have time.*

"As I walk outside and see the giant white tent on the Talbot Green, I can't believe that two years have passed since I started medical school. While I became more comfortable preparing for PISCES exams and speaking with patients, one challenge as an M3 has been creating time for wellness. This challenge stems from increased hours, longer commutes, and the pressure to always prepare more and study for shelf exams.

When I looked back to my wellness story from 1st year, I was drawn to the line, *"it often seems like we have no time to reflect or stay active, but I promise you do, if you take a look at your week and prioritize your selfcare."*

Reflecting upon this, **I've started manifesting the line, "I do have time."** Throughout all phases of medical school, it is essential to identify days/times to prioritize wellness. While the number of days may decrease during busier periods, **doing something is better than doing nothing, as you can't always do everything.**

My main method of wellness is running, and I'm often frustrated when I struggle to run 30+ miles a week like I used to. However, I'm challenging myself to run at least 3x a week, and intentionally choosing lighter days such as didactics and weekends. Pausing and adjusting my schedule to balance my career and wellness goals is truly a beneficial practice during medical school, residency, and beyond."

