

ERIN R.

WELLNESS STORY

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Want to get active with other classmates? Join the [Run Club](#) Wednesdays at 5:30 or [Jog Club](#) Mondays at 3:30



"RUNNING HAS BEEN MY WAY TO PAUSE AND RESET AMIDST THE CHAOS, REMINDING ME OF THE STRENGTH IN SIMPLY PUTTING ONE FOOT IN FRONT OF THE OTHER."

"Medical school can be an intense journey, filled with constant demands and a relentless pace that can make it hard to put your self care first. It is easy to feel like every moment should be spent studying or catching up.

For me, running has been my way to pause and reset amidst the chaos. Whether it's a quick jog to shake off stress or a longer run where I find comfort in the steady rhythm of my footsteps, running gives me space to step away from the demands of medical school. It clears my mind and lets my thoughts flow freely, reminding me of the strength in simply putting one foot in front of the other.

I believe that taking this time for myself not only nurtures my well-being but also equips me to be a more balanced and resilient physician in the long run. I encourage my classmates to find their own form of movement—whatever it may be—that allows them to pause, reset, and reconnect with themselves."

