

CHRISTINA J.

WELLNESS STORY

RISING M4 | APRIL ISSUE | 2025



Check out [6 Tips for Staying Connected in Medical School](#)

"RECOGNIZING THAT YOU HAVE THE AGENCY TO SHIFT YOUR PERSPECTIVE IS AN INCREDIBLY EMPOWERING MINDSET TO HOLD CLOSE TO YOU."

"Third year is a year of immense growth and unfamiliarity that requires you to search for a sense of groundedness that isn't initially there for everyone. As someone who lives by romanticizing their life, I was shocked when my normal tactics were proving to be futile to the isolation and pressures I felt as an M3. Watching patients and their families suffer, not seeing your friends as often, and being constantly evaluated for your performance can often make you feel overwhelmed.

However, **recognizing that you have the agency to shift your perspective is an incredibly empowering mindset to hold close to you.** I choose community and spirituality to ground me, but everyone is different. Use your weekends to see your friends and family! Focus on the patient cases that instill a sense of hope in you! Affirm yourself in the mirror about how great a future doctor you will be or listen to an uplifting playlist on the way to work! Whatever gets you back to feeling closer to the truest version of yourself is what you should prioritize."

