

# MARIA D.

## WELLNESS STORY

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Check out  
Physical  
Wellbeing  
resources



**"RUNNING BECAME MORE THAN A WORKOUT, BUT A STRUCTURED WAY TO COPE AND PROCESS STRESS, AND BUILD COMMUNITY."**

The medical field emphasizes the importance of mental and physical health, yet these aspects of my life often took a back seat to studying and extracurricular activities.

Two years ago, my friends and I signed up for the Wellness Initiative 5K Medical Student Run. None of us had any running experience, so we spent the next few weeks training together. Despite immediately regretting my decision, we held each other accountable and our runs became fun and fulfilling because we were training together.

Through this experience, I realized that certain areas of my wellness needed more attention. Running became more than a workout, but a structured way to cope and process stress, and build community.

When we completed the 5K, I had never felt so accomplished and proud of my friends and myself. Two 10Ks and a half marathon later, that feeling remains unchanged.

Through structured physical activity, I have not only improved my physical health but have also found a sustainable way to manage stress. This has proved to me, that dedicating time and energy to wellness can lead to lifelong resilience.

