

RACHEL S.

WELLNESS STORY

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Check out
Headspace, a free
app for
Mindfulness and
Meditation.

"Coming into medical school I was excited and nervous, thinking that I would spend the next four years learning everything about medicine. I was right that I would be learning an incredible amount of information, but one of the biggest lessons I've learned, is how much I still don't know. This may seem incredibly daunting, but I think embracing this is key to being a supportive peer, an engaged teacher, and an attentive provider in our future careers.

If you look back and remember what it felt like to be a confused medical student on the first day of school or a new block, as a resident, you'll be able to lend a hand to the new students that walk into your work room. As a physician, you'll be able to embrace that you might not have all of the answers, but you can listen to your patients and work with them to figure out the best next step.

Medical school can be tiring and humbling with all that you are trying to learn. One of the best things you can do is to be kind to yourself and remember that you are in a career designed for life long learning, and you can't know everything."

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