


# NICK W.

## WELLNESS STORY

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**"THINGS BEGAN TO CHANGE WHEN I MADE A CONSCIOUS DECISION TO CARVE OUT SPACE FOR MY WELLNESS EACH DAY. I STARTED SHOWING UP AS A BETTER TEAMMATE, MORE PRESENT AND SUPPORTIVE, BECAUSE I WASN'T RUNNING ON EMPTY."**

"When I first arrived at medical school, I felt an unspoken pressure to give 100% of myself to my studies and the pursuit of being a master clinician. I believed that any time spent away from books or the hospital was time wasted. It didn't take long for burnout to creep in quickly, leaving me feeling exhausted during class, disconnected from my team, and far less effective as a learner and teammate.

Things began to change when I made a conscious decision to carve out space for my wellness each day. For me, that meant making movement a priority and finding community through the student clubs. Paradoxically, these time commitments made me feel like I had more time in the day. Maybe because I was happier, or thinking more clearly, or less stressed, or some combination of the three—I can't be too sure. What I do know, is that my energy, focus, and ability to think critically improved. I started showing up as a better teammate, more present and supportive, because I wasn't running on empty.

Wellness looks different for everyone. **What matters is finding your outlet and protecting it. It's not indulgent—it's essential.** These habits have been especially important during third year, when time often feels like the most precious resource. Making space for wellness now comes as second nature, and I've found taking time to care for myself makes me more efficient, not less. When I feel overwhelmed, I've learned that pushing harder isn't always the answer. **Sometimes, the most productive thing you can do is pause, step away, and find your outlet to wellness. By caring for yourself, you make room to care for others."**

