

PRISCILLA M.

WELLNESS STORY

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Check out the
A4 MD
Meditation
Room to pause
today

"GIVE YOURSELF PERMISSION TO PAUSE AND RESET BECAUSE THESE PRACTICES, HOWEVER BRIEF, ARE WHAT SUSTAIN US AND KEEP US CONNECTED TO OUR PURPOSE IN MEDICINE."

We often talk about the importance of finding balance and wellness, but as a medical student, finding time to pause and reset is not always easy. There are stretches of days that begin with 4:30am pre-rounds and end with late nights studying on a desk covered with notebooks, half-full cups of coffee, and an endless number of tabs open. However, I am realizing that even short pauses can make a difference in re-centering myself.

What grounds me most consistently is remembering why I am here in the first place. Taking a patient history, holding a retractor or just offering my hand to a patient are opportunities I find myself mentally pausing. As cliché as it is, these moments remind me that I can contribute meaningfully to patient care. They give me energy to keep moving forward and help me recognize that all the studying, the early mornings, and the late nights are preparing me for the privilege of caring for patients in the future.

Wherever you are in your training, I hope you give yourself permission to pause and reset because these practices, however brief, are what sustain us and keep us connected to our purpose in medicine.