

PRISCILLA E.

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. In these moments, stepping away feels almost impossible. However, momentary pauses can make a difference in recentering myself, whether that's taking a quick walk or going to dinner with friends and family.

What grounds me most consistently is remembering why I am here in the first place. As cliché as it is, taking a mental pause like offering my hand to a patient, reminds me that I can contribute meaningfully to a patient's 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.

I know that what helps me pause and reset may not look the same for everyone. It might be taking pride in how far you have already come and allowing yourself to enjoy the excitement of this journey. It might also be discovering ways to recharge and stay grounded, while pushing through long days of class, studying, or clinic. 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.

