

Medical school was a huge adjustment for me. This was the first time that I had ever lived away from home and Lansing was a city that was unfamiliar to me. The workload I faced in medical school was daunting. While my siblings and friends back home were participating in fun activities, I was sitting in my bedroom studying for the upcoming anatomy or biochemistry exams. I never considered myself a good test taker and I felt as though I had to put much more effort and time into studying than my peers to get similar grades. I also was not great at prioritizing my time or balancing my work and social life. I began to shut myself out from my family and friends and I stopped partaking in activities that I enjoyed. I soon felt depressed and found myself talking to our school counselor and my physician back home. I was placed on antidepressant medication. I did not like the side effects of the medication and I did not feel like the medication was helping. I realized that in order to feel better, I had to make changes in my life. I had to take the time to call my family members even if that took away time from my studying. I had to take the time to do things I once enjoyed like playing basketball or gardening. I had to take time to go to the gym which has always been a significant stress reliever for me. I found that in order to take good care of my patients, I had to first take care of myself.

Since starting residency, I have been active in our wellness program committee and have helped arrange events which include community service days and our yearly Girls Night Out. I also have enjoyed organizing social gatherings for my co-residents on my own. I hosted Friendsgiving this past Thanksgiving which was a lot of fun. I would like to participate in CORD Mini-Fellowship in Wellness Leadership so that I can improve my knowledge and skills in wellness. This will allow me to be a leader of our wellness committee and make positive changes that will hopefully improve resilience and decrease the feeling of burnout among residents in my program. A yearlong curriculum of wellness events held at least once a month, or every other month, would be ideal. One of the aspects of wellness that I feel is lacking in my program is fitness. During the summer time one of the monthly wellness events could be a hiking trip or a 5k run/walk. In the winter time, a day of skiing or sledding would be exciting. Since many residents, including myself, do not feel comfortable with topics such as malpractice and managing finances, some meetings could incorporate dinner and discussing topics such as these. To foster strong relationships and teamwork in the emergency department, I would like to incorporate team building exercises which includes not only residents but also faculty, nurses, techs, and other support staff. I am eager to combine my past experiences and leadership skills with the knowledge of wellness and skills that I acquire through the CORD Mini-Fellowship in Wellness Leadership to improve and further develop the wellness program at my institution.