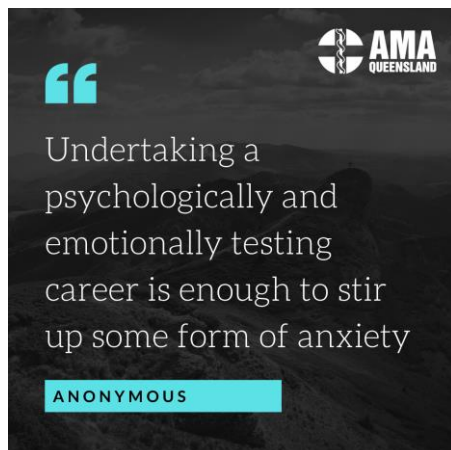


Humans of Medicine



My journey as a medical student and now junior doctor has come with its many challenges. The thought of moving half way across the world away from family, taking on a significant financial debt all while undertaking a psychologically and emotionally testing career is enough to stir up some form of anxiety.

It was during this journey however, that I've come to appreciate the importance of intentionally investing in one's mental health and maintaining resilience in the marathon of life. Through community engagement, mentorship, physical exercise and personal development, I've made efforts to ensure synergy between my physical, mental, spiritual and psychological well-being.

My community primarily consists of colleagues who I've progressed to establish friendships with, as well as my church community, both of which have provided a sense of belonging. It is also through my church community that I have grown both spiritually and personally, while allocating valuable time to reflect on important life questions.

Physical activity has always been a part of my life, and know first-hand how instantly a short run or trip to the gym can completely change your mental atmosphere. It continues to be a method of realigning myself when the unpredictable tides and circumstances of life ensue.

Most importantly, I've come to appreciate my limits, and know when to ask for help, understanding that it takes humility and maturity, not weakness, to rely on others when we are unable to care for ourselves.