

## Humans of Medicine



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ANONYMOUS

Internship is a rollercoaster of emotions. You're officially a doctor, that student life is behind you and you're dreaming about what to spend your first overtime pay check on. Every time someone refers to you as doctor you get excited, but then quickly realise that title comes with an heavy responsibility and the nerves kick in. I still remember my first MET call, the entire room turned and looked at me when I was the first doctor to walk through the door and the reality of my job hit me. Peoples lives are in my hands, people look up to me as a reputable member of society, my sleep is forever disturbed with the thoughts of the decisions I made that day. I started my internship on a fast paced surgical rotation- I was still learning how to use iemr meanwhile chasing my registrar down the wards as they practically sprinted between patients, typing frantically before I forgot their exam findings and management plan, steering a wow around the countless hallway obstacles- by the end of the day I had felt like I'd run a marathon. As interns we are at a high risk of mental health with research showing that 2 in 10 doctors suffering from depression, and from experience this acknowledgement of the risk is further encouragement to ensure intern well-being for yourself and fellow colleagues. And how do I as an intern deal with the inevitable stress of being a doctor and consequently fight the statistics of mental health? Well the quick answer is coffee inside of work and wine outside of work, but I feel like I should elaborate at the risk of encouraging alcoholism. At the Sunshine Coast University Hospital we have a junior doctor society which helps facilitate a supportive environment such as free coffee vouchers, fun shirt Friday and social events. Take a break, talk to a mate. A mentor program has been put in place which pairs each intern up with a resident, which not only allows the intern to talk to someone but opens them up to an entire other group of friends. We have protective teaching time together as interns every Tuesday which not only helps with improving our knowledge but reminds us that we are all in this together. I moved back to QLD for internship, and as a Wollongong graduate there was only one other intern that I knew before commencing internship, which to say the least, was very daunting. The supportive environment created by all the staff at SCUH made the transition into internship very easy. It's surprising the positive effect something as simple as a "good morning" or a passing smile in the hallway has on someone's day. And while your work environment is important, it is critical for your health and well-being to maintain a work life balance- which as an intern is hard when you're discovering shift work for the first time, or juggling long surgical hours. I found joining a social sporting team made a big difference, not only was it contributing to my social life but the exercise was a key stress management strategy. Working on the Sunshine Coast also has the benefits of beach therapy right on your doorstep, and our cohort of interns are always very inclusive whenever someone has the idea of a beach walk, national park adventure or after work sunset beer, with social media acting as a brilliant bonding platform. And let's not forget Friday night drinks, and sleep ins on your days off. So I guess to sum up intern well-being it's as simple as support, hydration, exercise and sleep.