



Letter from the Editor

As we begin the 9th year of publication, the title of our literary and artistic journal, *HEAL*, reminds us of the tremendous value of healing through personal expression and the importance of maintaining empathy in the fast-paced world of medicine. Depression and burnout among medical professionals is at an all-time high, as a recent *JAMA* issue devoted to the topic of medical student mental health indicates. This necessitates the development of opportunities through which we can embrace empathy, build personal resilience, and develop interpersonal connections that enable us to be the very best person-centered physicians we can be. *HEAL* has become that for many of our medical students and faculty physicians, offering a venue for reflection on experiences in a way that can also offer a path to restoration for writers and artists alike.

This particular issue is personal for me; I've been a long-time supporter and occasional contributor, but have now moved into a role working directly with student editors in the development of the first print issue of 2017. I owe this incredible opportunity to the journal's creator, Dr. José Rodríguez, and to the managing editor, Dr. Tana Jean Welch, both of whom have been instrumental in the development and support of students over the past many years. Please enjoy Volume 8 of *HEAL*, and may you find comfort, awareness, and healing in the pages that follow.

Warmly,

Suzanne Leonard Harrison, MD



On the Cover

AFFECTIVE EFFECTS

Juno Lee

Juno Lee is a third year medical student at the Sarasota Regional Campus. He received a Bachelors in Studio Art from the FSU College of Fine Arts. His artistic work includes photography, digital media, and design.