

# A DAY IN THE LIFE OF A MEDICAL STUDENT

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Your attending tells you to be ready at 6:30 am. You wake up and get ready, down a cup of coffee, and arrive at the hospital at 5:30. You pre-round on your patients, gathering every countless detail from the events overnight. Your attending arrives at 7:00, you spew all of your patients' worries, concerns, and experiences from the previous night. You mix in as many "pearls of wisdom" you can remember from the countless textbooks you have combed over for the past 6 years of your life. Everything comes out in jumbled words and thoughts, but you manage to make it through rounds. Down another cup of coffee. Meanwhile, the whole time you are mentally, physically, and emotionally exhausted from the rat race they call "Medical School." Somehow, you miraculously make it through the day. Next comes the hard part. You have to make an important decision, one that significantly affects your mental and physical well-being. Are you going to open your textbooks and try to begin to study for the night? Are you going to eat? Do you go to bed early in an attempt to prepare your body for the long, daunting next day? So often in medical school you have to choose between studying, eating, sleeping, or having a life outside of medicine. A decision that we as medical students often get wrong—we put our school and job before our own mental health and well-being. We have to remember, that in order to be the best doctors we can be, and truly care for our patients, we have to take care of ourselves as well. Or else, in the end, all we will have is a worn down soul with a caffeine addiction.

