



Building resilience

Medical school can be an intense and demanding journey, both academically and emotionally. Building resilience is key to navigating challenges, coping with stress, adversity and maintaining your wellbeing to stay the distance. It's about the ability to bounce back from any setbacks. Resilience can be developed and strengthened over time.



Acknowledge stressors:

This is the first step. It's normal to have stress related to academic pressures, adapting to clinical teams, and being exposed to patient suffering. Share your experiences and feelings with peers as they may be facing similar struggles. Collaborate and support each other in your academic journey.



Self-care:

Prioritize self-care to maintain physical and mental health. Get adequate sleep, eat healthily, and engage in regular exercise. Practice relaxation techniques like meditation or deep breathing.



Time management:

Develop effective time-management skills to balance academic and personal life. Set realistic goals and prioritize tasks to reduce overwhelm.



Develop resilience skills:

Learn problem-solving skills to tackle challenges effectively. Develop emotional intelligence to understand and manage your own emotions and those of others.



Self-compassion:

Be kind to yourself and practice self-compassion. Accept that mistakes are a part of learning and growth.



Build resilience through adversity:

Adversity can be a teacher. Embrace difficult situations as opportunities for growth. Reflect on what you've learned from challenges and how they've made you stronger.



Balance and boundaries:

Establish clear boundaries between study and personal life. Avoid overextending yourself with other commitments. Prioritize yourself and learn to say no respectfully.



Maintain perspective:

Keep the bigger picture in mind and remember your original motivation for pursuing medicine. Focus on the positive impact you can have on patients' lives.



Seek support: Build a strong support system that includes friends, family, and mentors.. Don't hesitate to seek professional help if needed, such as counselling or speaking to your GP.



Long-term perspective: Remember that medical school is just one phase of your career.



Seek support:
Medical School
Student Support



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