



Self-induced fatigue and cultivating healthy habits

It's crucial for sustainability in your medical journey to recognize what's contributing to your self-induced fatigue and cultivate new, balanced habits. Can you consider addressing your unhealthy patterns and make a point to create a new habit:



Overextending study hours:

Studying excessively long hours without adequate rest and sleep increases stress, reduces cognitive function, and leads to burnout.

Healthy Habit: Recognise when you are not focused and have a break. Prioritize self-care, sleep, nutrition, and physical activity. Consider using the Pomodoro technique, which involves 25-minute work intervals followed by 5-minute breaks. This method enhances concentration and reduces mental fatigue.



Being unclear of expectations:

Not understanding what is expected of you academically leads to anxiety, confusion, and potential underperformance.

Healthy habit: Ask questions, check the ECP, and seek clarification when unsure from peers, course coordinators, or academic guidance.



Putting your health last:

Prioritizing study and pushing through your placement when you are unwell can lead to compromised health. Avoidance of healthcare will increase your stress and anxiety.

Healthy habit: Schedule regular medical check-ups and address health concerns promptly. Seek counselling support for emotional distress and speak with MSST to discuss options that do not compromise your personal well-being and health.



Over-committing:

Saying yes so as not to disappoint others or not delegating tasks leads to overburdening, potential burnout from decreased personal time, increased stress, and potential resentment.

Healthy Habit: Understand your limits and set clear expectations. Learn to delegate tasks to others when necessary. Set healthy boundaries and learn to say no to avoid overcommitting.

Being clear about what's expected of you, setting strong boundaries and prioritizing your personal well-being is a crucial skill to master now to achieve a balanced and fulfilling medical career.



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