



GME Wellness Sub-Committee Newsbyte

Personal Impact of Global Pandemic

Most young doctors expect considerable stress when starting a residency. After all, there is no amount of growth that comes without struggle. Although this understanding is implied for most of us, until recently, it excluded the impact of a global pandemic. COVID-19 imposes its damage not only as a pathogen, but through its effects on the social health of our communities.

The need for connection, camaraderie and support is exposed, as we regrettably comply with social distancing policies for the greater good. In my opinion, our current predicament is an ideal opportunity to highlight the value of human relationships. Relationships are the fabric of a healthy life. We are blessed with the ability to use technology to maintain these connections not only for daily interactions, but to support each other through our collective experience. This becomes even more important in our role as residents, given that few outside our cohort can truly relate to our unconventional lives.

I encourage fellow residents to take inventory of the people around you and appreciate the influence you can have on each other's wellness. Don't underestimate the joy you can bring each other, or the impact simple acts of kindness or shared laughter can have during difficult times.

Catalina Bretón, MD. | General Surgery Residency — PGY1