



## **Falling apart** **S'effondrer**

Brian R Smith

Volume 14, numéro 2, 2023

URI : <https://id.erudit.org/iderudit/1099354ar>

DOI : <https://doi.org/10.36834/cmej.76083>

[Aller au sommaire du numéro](#)

Éditeur(s)

Canadian Medical Education Journal

ISSN

1923-1202 (numérique)

[Découvrir la revue](#)

Citer ce document

Smith, B. (2023). Falling apart. *Canadian Medical Education Journal / Revue canadienne de l'éducation médicale*, 14(2), 181–181.

<https://doi.org/10.36834/cmej.76083>

© Brian R Smith, 2023



Cet article est protégé par la loi sur le droit d'auteur. L'utilisation des services d'Érudit (y compris la reproduction) est assujettie à sa politique d'utilisation que vous pouvez consulter en ligne.

<https://apropos.erudit.org/fr/usagers/politique-dutilisation/>

**é**rudit

Cet article est diffusé et préservé par Érudit.

Érudit est un consortium interuniversitaire sans but lucratif composé de l'Université de Montréal, l'Université Laval et l'Université du Québec à Montréal. Il a pour mission la promotion et la valorisation de la recherche.

<https://www.erudit.org/fr/>

## Falling apart S'effondrer

Brian R Smith<sup>1</sup>

<sup>1</sup>Stanford School of Medicine, California, USA

Correspondence to: Brian R Smith; Stanford University School of Medicine, 291 Campus Drive, Stanford CA 94305; phone: (408) 464-3197; email: [BSmith19@stanford.edu](mailto:BSmith19@stanford.edu); Twitter: @\_BSmith\_

Published ahead of issue: Sept 26, 2022; published: Apr 8, 2023; CMEJ 2023, 14(2) Available at <https://doi.org/10.36834/cmej.76083>

© 2023 Smith; licensee Synergies Partners. This is an Open Journal Systems article distributed under the terms of the Creative Commons Attribution License. (<https://creativecommons.org/licenses/by-nc-nd/4.0>) which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is cited.



### Artist statement

This piece is inspired by the mental health struggles and burnout experienced by medical students, physicians, and other healthcare providers. The medical education experience can be challenging and involves a constant state of learning and remodeling yourself. Without adequate support systems and emotional outlets, it can be easy to feel like a failure. It can feel like you are alone or, like in this image, that the world has lost all color. We can fight against this by talking about it openly. The enemy of darkness is light—let us be honest with each other about our struggles, dispel stigmas, and together, foster systems of medical training that build us up, not tear us apart.

### Media

“Falling Apart” was created by drafting in Affinity Designer, iteration through the artificial intelligence software Midjourney with customized parameters, and post-processing in Affinity Designer. The portrait’s subject is fictional; it does not depict a real person.

**Conflicts of Interest:** None

**Funding:** None