



## **Well-being** **Bien-être**

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Volume 15, numéro 2, 2024

URI : <https://id.erudit.org/iderudit/1111578ar>

DOI : <https://doi.org/10.36834/cmej.79044>

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Éditeur(s)

Canadian Medical Education Journal

ISSN

1923-1202 (numérique)

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Citer ce document

Hundal, H. (2024). Well-being. *Canadian Medical Education Journal / Revue canadienne de l'éducation médicale*, 15(2), 115–115.  
<https://doi.org/10.36834/cmej.79044>

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## Well-being Bien-être

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Published ahead of issue: Apr 29, 2024; published: May 1, 2024. CMEJ 2024, 15(2) Available at <https://doi.org/10.36834/cmej.79044>

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I had long heard the maxim, “You can’t pour from an empty cup.” However, starting my clinical rotations as a medical student imbued those words with new meaning. Through caring for patients, I’ve simultaneously discovered the importance of caring for myself, of replenishing my own reservoir of vigor and vitality to ensure that I am at full capacity to serve.

Using the AI program Midjourney, I sought to represent this idea of keeping one’s cup full while working in a healthcare setting. Self-care is an active practice that medical personnel must be intentional about engaging in, regardless of what unique form that practice entails for each of us.

**Conflicts of Interest:** None

**Funding:** None

**Edited by:** Marcel D’Eon (editor-in-chief)