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Well-being
Bien-être

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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.

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