Importance of Emotional Well-being of the Physician in Trainee

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As physicians in trainees, learning to manage our emotions is crucial. One of the rewarding aspects of medicine is the opportunity to help people, develop empathy, and consider the perspectives of others—imagine if that patient were a family member and how you would want them to be treated. However, this can become complicated when faced with challenging situations where things may not go as planned. It is also important to cultivate maturity and strong character, especially when delivering bad news or working to improve a patient's adherence to treatment.

In many cases, when we enter medical school, we don't fully consider the challenges we will face, or we may not recognize their importance as we should. However, I believe that coping skills are developed over time. After failing a test or a subject, it's common to feel anger or resentment towards ourselves for not studying harder or to feel sad when comparing our scores to those of our classmates. This experience becomes a lesson: if you fail an exam, you know you need to study harder or organize your time better. At this point, you learn to manage your emotions, as well as the pressure and stress that come with academic demands. I understand that the pressure in college differs from that experienced in a hospital with actual patients, and it's not directly comparable. Nevertheless, it's crucial to prioritize calming yourself to clarify your thoughts, as overwhelming pressure can lead to mistakes and setbacks.

Expressing confidence is crucial because it demonstrates assurance to the patients who consult us. Throughout our training, we may have encountered several challenges that made us feel unworthy or unsure of our place in Medicine. This sense of inadequacy can lead to depression among medical students, which is evident in our environment. However, we must learn to be resilient, understanding that things may not always go as planned. It's important to learn from our mistakes and recognize that a career in Medicine is demanding and difficult. We should focus on visualizing our future, remembering that all the effort we invest will ultimately be worthwhile.

Understanding the importance of emotional well-being is essential for us as physicians. It not only aids us in treating diseases but also helps us recognize the emotional impact on patients and their families. By being more compassionate, we can attend to our patients' needs and concerns, make them feel heard, and give them the attention they deserve.

Our emotions also influence the way we involve ourselves with colleagues, nurses, other healthcare professionals, or even our own family, as adequate management of emotions will facilitate how we perform, and will allow us to get along better with other people. In some ways, this soft skill helps create a pleasant environment with fewer conflicts and better communication.

Handling our emotions has become a fundamental skill since the beginning, as in our professional development for better communication with the patient. During our formation process, we need to recognize and learn to manage these emotions as an essential key to learning from experiences and going forward without losing motivation, thus helping us assert our mental well-being.

Being conscious of our emotions will let us identify our strengths and weaknesses, develop our interpersonal abilities, or improve ourselves to attend to patients more humanely and effectively while taking care of our emotional well-being.