

## 6 Tips to Avoid Burnout in Medical School (Part 1)

Medical school is no joke. Finding balance is key during medical school if you want to sustain yourself and not burn out. So what do you do?

**Here are the first three tips to avoid burnout:**

1) Focus on your physical health.

- Your body needs a break. The best way to give your body a break is to get in some physical activity every single day, even if it's just 30 minutes. Go outside, go on a walk, go on the treadmill, pick up some weights, or anything else. Make it a habit!
- Research shows that when you exercise, you release this hormone called BDNF into your brain, and that helps you retain more information. It's good to strategically use physical exercise to help you do better in school.

2) Focus on your mental health.

- Reward yourself and take breaks. If you have a hard exam coming up, make sure that you set aside time after that exam to go do something for yourself that's going to make you happy - whether that's seeing friends, getting a pedicure, getting a massage, or anything else that is going to help you be stress-free.
- Medical school is way too long and way too hard. It's important to schedule little rewards for yourself - month by month, week by week, and even in your day. Do things that help your brain recharge, stay focused, and stay healthy throughout this process.

3) Build a strong support network.

- Support is going to be everything for medical school. You need not only friends and family that you can lean on, but you also need outside support. If you feel like your mental health is in jeopardy, reach out to counselors and therapists. Make sure that you have that support network that's going to help lead you to success during this long and daunting process.
- Make sure you find your people before you enter medical school, stick to them, and show them that you care about them. That way, you don't lose those relationships and lose those friendships that are so crucial to staying happy and staying healthy throughout this medical journey.