Welcome to our new PGY-2 class!

Building Resilience

As recommended by Dr. Ann Ming Yeh (one of our fantastic Wellness speakers from last year), as well as the AMA STEPS Forward series, one strategy to build resilience is to focus on the big picture by starting a gratitude journal.

“Write down three items that you are grateful for each day. Nothing is too simple for this exercise. This easy practice has been shown to increase self-reported happiness and prevent burnout.”

Resident & Fellow Spotlight

Congratulations to Sara Pavitt (Child Neurology, PGY-4) for being elected as a representative for the Stanford Graduate Medical Education Committee for the 2018-2019 academic year!