

Fall 2021

eUstress

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Medical school proved to be one of the most challenging times for me to find balance. This past year in clinical rotations is when I found myself teetering to an higher degree of stress. I would overthink and question my competence. After overcoming this challenge, this composition serves as a snapshot and reflection of one of the most challenging but rewarding times I have experienced.

ARTIST STATEMENT: BECKY LI

- ▶ eUstress
- ▶ Stress can be healthy.
- ▶ An optimal level for peak performance Per Yerkes-Dodson law.
But stress can teeter, Too little or too high.
- ▶ Labor becomes fruitless.
- ▶ Hard to see its purpose.
- ▶ Time to take a pause.
- ▶ Take a deep breath.
- ▶ Eat. Exercise. Sleep. Reflect

POET: BECKY LI