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The Weight of the World

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THE WEIGHT OF THE WORLD

Studying for board exams can be a rewarding but taxing process. There will always be more books to read, questions to do, and flashcards to memorize. I think every medical student remembers that moment of internal reflection, where they had to set realistic expectations that wouldn't compromise their physical and mental health.

This drawing is a personal reminder that when we neglect other areas in our lives, we compromise the balance needed to succeed. Thus, making time for yourself is not a sign of weakness, but rather an understanding of how to achieve sustainable progress during this medical journey.

ARTIST: TOBIN CHAKKALA IS A THIRD YEAR
MEDICAL STUDENT



THE WEIGHT OF THE WORLD

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