

Medical student life and wellbeing



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Finding balance, prioritising your health, making smart choices and practising mindfulness are skills we're all aware of. However implementing them can be challenging, as the demands of being a doctor, relative and friend increase. Fine-tune these and the benefits will extend well beyond the stressors of study and exams.

6 top tips on protecting your wellbeing



Invest in your relationships

They'll be your greatest support and help keep you connected.



Get into nature

Bush walks, a ride in the park, swim in the sea or simply sitting on the lawn will help bring balance.



Manage stress healthily

Find what works for you, such as exercise, yoga or reading.



Practise mindfulness

To regulate emotion and focus your attention.



Prioritise self-care

Doing at least one thing for yourself each day will help maintain wellbeing.



Create a life outside of medicine

Find your passion, do things that bring you joy and indulge in the lighter side of life.

Useful resources

Avant provides resources in the form of health and wellbeing information, support and advice tailored specifically to the needs of Australian doctors – to help you better face the challenges of a career in medicine and provide the highest level of care to your patients.

Investing in your own wellbeing, and that of your peers, will help create a more supportive culture, reduce stigma, improve patient care and enhance your quality of life. There are many great resources, here's a few to get you started aside from information on [avant.org.au](https://www.avant.org.au):

- [Australian Medical Association \(AMA\)](#)
- [Doctors for doctors](#)
- [Headspace](#)
- [Maintaining balance by Dr Sonia Henry](#) webinar
- [Smiling mind app](#) (go to Apple Store or Google Play to download)

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For more wellbeing resources to help you through your medical studies, visit [avant.org.au/wellbeing](https://www.avant.org.au/wellbeing)