

Attendig today's Don't Clock Out virtual meeting [helped reduce the sense of isolation](#) that healthcare professionals can experience, including myself. Hearing from people who understand the emotional demands of healthcare reminded me that many professionals struggle with stress, grief, fatigue, and self-doubt. The meeting provided a supportive environment for reflection without judgment. I left with a stronger appreciation for peer connection and the importance of maintaining a dependable support system. I plan to continue participating and to remain open to the perspectives and coping strategies shared by others.

Monday, Apr 13

