

February

Today's virtual meeting reminded me that **I do not have to manage professional and personal stress alone**. Listening to other healthcare workers helped normalize the need for support, counseling, and honest conversations. In the past, I sometimes believed that being strong meant handling everything independently. I now understand that recognizing my limitations and reaching out early demonstrates maturity and accountability. My goal is to maintain regular contact with supportive individuals and use available resources before stress begins affecting my wellbeing or professional judgment.

Monday, Feb 23

