

## Photography

### Contemplation

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#### Abstract

#### Description

Before embarking on a busy workday, take a moment to appreciate the sunrise. Living near the beach is a privilege that reminds me that you can find the calm necessary to face the demands of your role as a division research director through a few minutes of meditation during your commute. The footprints in the sand symbolize the work accomplished with residents, faculty, and staff the previous day. The pier represents the strength of remaining stable even amidst turbulent waves, which symbolize the ever-changing requests and priorities. The rising sun embodies self-energy and excitement for another day, knowing that “above all else, we are committed to the care and improvement of human life,” which makes it all worthwhile. Take a deep breath in and exhale.

#### Keywords

medicine in the arts; humanities; photography; sunrise; meditation; beach; wellbeing; graduate medical education

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### Conflicts of Interest

The author declares no conflicts of interest.

Dr Parisio Poldiak is an employee of HCA Healthcare Graduate Medical Education, an organization affiliated with the journal’s publisher.

This research was supported (in whole or in part) by HCA Healthcare and/or an HCA Healthcare-affiliated entity. The views expressed in this publication represent those of the author(s) and do not necessarily represent the official views of HCA Healthcare or any of its affiliated entities.

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Journal of Medicine

