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## ART OF MEDICINE

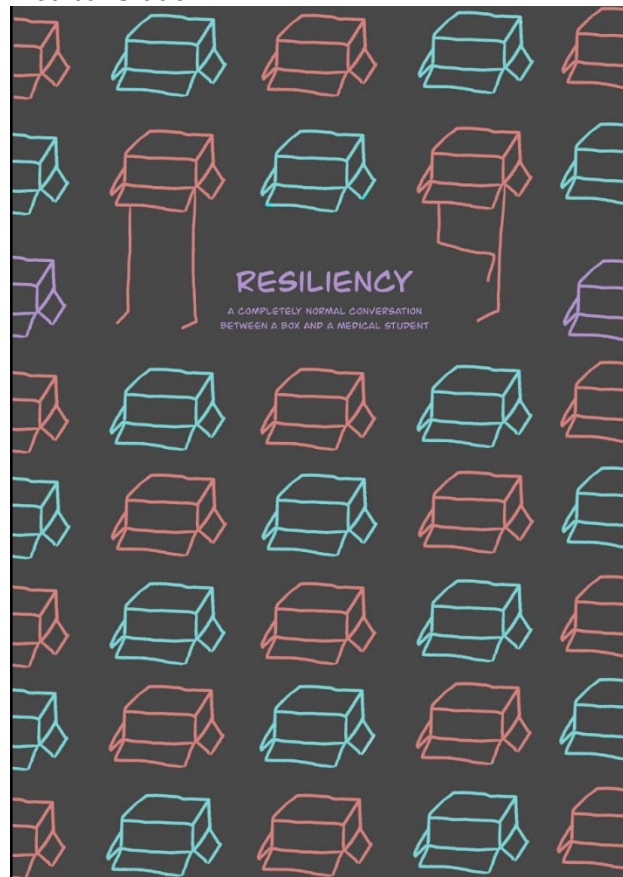
### A Completely Normal Conversation With a Box

Beck Regan

#### Abstract

Health professional students often attend lectures equating resiliency with self-care. While self-care is vital, this graphic series suggests a dialectical tension between resiliency (as self-care) and resiliency (as group action or solidarity) and considers how actualizing and mobilizing “wellness” really is done in health professions education.

**Figure.** Detail from *Resiliency: A Completely Normal Conversation Between a Box and a Medical Student*



**Media**  
Procreate®.

### **Caption**

This comic considers how actualizing and mobilizing “wellness” really is done in health professions education. Health professional students often attend lectures equating **resiliency** with self-care. In many medical schools, students formally are coached in wellness but are actually still required to behave in ways that undermine their wellness.<sup>1,2</sup> Such norms in medical education also spill over to health professions educational norms more broadly.<sup>3</sup> While self-care is vital, this graphic series suggests a dialectical tension between resiliency that comes from self-care and resiliency that can be generated from group action or solidarity forged in interprofessional learning.

### **References**

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#### **Citation**

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#### **Conflict of Interest Disclosure**

The author(s) had no conflicts of interest to disclose.

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