

One a day

At the mandatory wellness lecture
there is an empty chair.

We chose this life
and know the things we must sacrifice,
But this isn't one we signed up for
and all we're offered is performative support.

"Look out for burnout."

In the mindfulness workshops,
we learn to make stress "stop."
They say to get help— if you must,
and you will learn to adjust.

"Remember you're resilient too,"
can be translated to "the onus is on you."

Perhaps what really needs to change
is the length of the days,
the volume, the pressure layered on,
administrative tasks that take too long.

But the suffering continues—
though you don't see it on the news.

An apple a day keeps the doctor away.
A doctor a day...

*The American Foundation of Suicide Prevention estimates that between 300 and 400
physicians die by suicide each year.*

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