

Everything Wellbeing: Celebrating Small Wins

 *Reading Time: ~2 minutes*

Dear Resident Doctors,

Welcome back to another post of **Everything Wellbeing!**

Celebrate the Small Wins

This week's message is simple: **take a moment to reflect on your journey and celebrate how far you've come.**

Wherever you are in your career, pause for a second. If you're an F1, think back to your first-year med student self - nervous, eager, unsure. Now look at you: you're a doctor, making real decisions and a real difference. That version of you would be so proud.

When I started working in the NHS six years ago as an SHO in a busy ED, I really struggled. The system, the chaos, the undifferentiated patients, it was overwhelming. If someone had told me back then that I'd one day be an ED registrar, I would've laughed and said, "Nice joke!"

But here I am.

If you're a registrar now, like me, think about how far you've come. Remember when you were the SHO trying to keep up on ward rounds? Now you're leading them, making the calls, guiding your juniors. That's no small feat.

Don't Forget to Look Back

In this fast-paced world, it's easy to move straight from one goal to the next - exams, ARCPs, training posts, without stopping to reflect. But we need to.

Some days, especially when imposter syndrome creeps in, I find myself questioning everything. On those days, I scroll back through my old photos and find one of me on my very first day, wearing bright red scrubs and absolutely terrified.

Six years later, I'm still here, doing work I enjoy, in a speciality that gives me purpose. That small reminder helps me keep going.

It All Counts

Please, celebrate your wins - no matter how small:

- A kind word from a patient
- Getting through a tough shift
- Passing an exam
- Surviving a set of tough nights

There's so much noise and negativity out there, especially on social media. That's why it's important to protect your mindset and recognise those moments that remind you why you chose this path.

And if today feels particularly tough, take a moment to look back. **You're doing better than you think.**

That's it from me for this week.

Keep up the amazing work.

And as always, **remember to take great care of yourself, so that you can take great care of others.**

Warm regards,

Junaid

Your friendly neighbourhood Wellbeing Fellow