

Keep Moving

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An urgent email, a resident in crisis
Breathe, respond
keep moving
A critical result, a patient's life changed forever
Offer a hug, order medication
keep moving
A loved one dies, another in the ICU
Cry, advise
keep moving
A pile of applications to review, of notes to write, of emails to answer
Sigh, read
keep moving
A world in conflict, so much hate
Mourn, donate
keep moving
A woman died, unnecessary barriers to care
Scream, vote
keep moving

My son giggles as he cuddles his dog
Laugh, soak in the joy
I can keep moving
A patient stably in recovery shows me her job acceptance
Celebrate, set their follow-up
I can keep moving
A resident gets placed in their dream fellowship
Feel proud, congratulate her
I can keep moving
A day with family, sun, and music
Dance, connect with my community
I can keep moving
Monday morning starts again
Breathe, ground myself
I keep moving