In our profession, there are so many things beyond our power, and the helplessness we feel can leave us feeling broken too. On days when I feel helpless in the face of loss, I find solace in art, amongst my pens, paper, and ink. I can always control my hand and the strokes it makes on the page, even when I cannot control what happens in my medical work.

Kintsugi. This is a form of Japanese art that uses precious metal to bring together pieces of broken pottery, emphasizing the breaks instead of hiding them. When I do something creative, without fear of judgment or failure, I am practicing my own form of kintsugi. You too can create a painting, or dance, sing, write, sketch, sculpt. Create something new from something broken, and perhaps it will even be beautiful.

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