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I began to crochet at the start of the pandemic. I was a PGY2 at the time and though my responsibilities were shifting, and I was busy, it was the quiet evening hours that I felt I needed to fill with something other than Netflix. This whole last year I have decided to hold space for things other than medicine. I think it gets hard to take time for hobbies and passions as you can feel the constant pressure to read that next journal article or prepare that next clinical skill. The truth of residency I found is that we can all wait for our programs (and I am sure our future jobs) to fill our cups with wellness, but much of that work also needs to be done at home. You must make conscious decisions each day to set down the book, turn the pager off, and stop typing in your EMR. Work in medicine is always going to be there and each time you choose that work over your own well-being that wellness cup becomes more and more empty. Focusing on this philosophy, I had already begun reading for pleasure and was exercising regularly but needed another project to occupy my time and was desperately seeking a creative one. I like crocheting because you learn patterns to follow, some thought is required, and you get to create something beautiful and unique from scratch. This can also come in handy when you need gifts for loved ones! Not being a stereotypical "artist", I have thoroughly enjoyed exploring this new hobby and seeing beautiful things come to life. Here is my latest project, a multicolored shawl. I used videos from YouTube and yarn ordered from Amazon to help me complete this.

