

SAY NO TO COMPETITION AS IT SAYS YES TO DEPRESSION

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“You were the chosen one” is a quote from the 2005 science fiction film Star Wars.

And I was told the same thing on my first day of medical school that I have been chosen to get into this college as many people dream of it but, our college, in all its glory, ‘embraces’ a few of us; hence you see, “the chosen ones”.

Once you step into the college, you find the medical life welcoming you cordially. But soon you see the amiable aura of this ‘mise en scene’ evaporating into air and the first foe that you encounter is depression. Depression is a mood disorder characterized by a sense of inadequacy, despondency, decreased activity, pessimism, anhedonia and sadness, where these symptoms severely disrupt and adversely affect the person’s life. This manuscript is not solely about the prevalence and persistence of depression in medical undergraduates or medical professionals but its more about how you can tackle the aforementioned mental condition. Here is a crucial question, why do you need to get rid of it at your earliest convenience.

Because it dupes you into believing that you lack the ability to survive medical school life. It manifests in physical ways too: stomach upset, headaches, fatigues and lack of appetite. Plus it comes with severe panic attacks which are awful and you think you will eventually die. Do not fret over it as it is something that many face sooner or later once they join the medical field. One thing you need to understand is that you are not in competition with anyone. Everyone, amongst your colleagues, class mates, confreres, co-workers, has his own strategy of studying, his own tactics to at-

tempt the tests and his own modus set to pursue good grades. I do agree that most of the times, it is actually this ‘competition’ that acts like a drive and puts you on a path that leads to your life goals but; at times this competition does the unwanted stimulation of the other lobes of your brain and that’s how depression takes its birth. Now what you need to do is to focus on yourself, concentrate and discover the talents that you are born with and put your efforts into polishing them. It could be anything; photography, writing, public speaking, self management, critical thinking or decision making. And the achievements and appreciations that you pursue in this way will undoubtedly fill your system with immense elations.

Doing so, you not only eradicate animosity, antipathy, hostility, bitterness and other ill feelings from your life but you also help yourself grow. Because this way, you put yourself in a different ring and help your mind to accept the fact that no comparison can be drawn between you and the other person who is born with distinct talents, so what is the point of all this jealousy residing in your heart.

Thus, you eliminate it all at once. You get only one life and it always goes forward. And I am sure that you do not want to live a part of this short life under the darkness of murky negativities. So stop comparing yourself to others and focus on your own strengths. But folks, you certainly are in competition with someone and that someone happens to be you, yes YOU. You are ought to be a better person in future than you were in the past as Rainer Maria Rilike says “the only journey is the journey within.”

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