

Resilience and the Art of Motorcycle Repair

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Stress in medical education is well documented, as are its negative effects on student's emotional wellbeing and academic performance. Despite efforts to address wellness and reduce stress, the increasing complexity of medical knowledge and societal stressors all contribute to heightened stress levels among medical students. This paper explores the author's firsthand experience with coping in medical school through a motorcycle restoration project, aiming to enhance well-being, reduce stress, and build resilience. The project demonstrates the benefits of engaging in meaningful activities outside of academic demands. By utilizing protected academic time for creativity and activities of enjoyment, medical schools can promote healthy coping strategies and resilience among students and enhance student well-being.