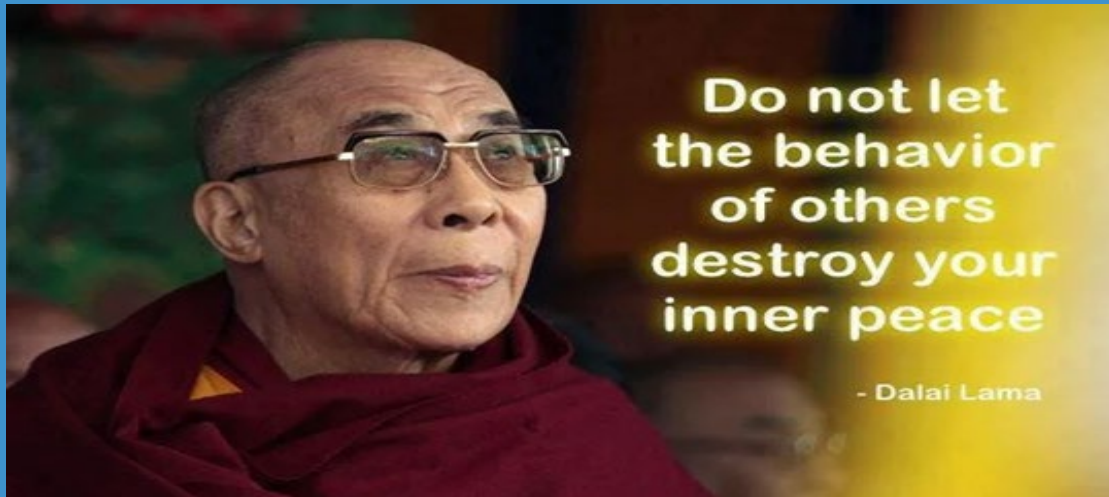


## Health and Wellness News from MidCaN



### Finding Inner Peace

Stress, anxiety, and depression are at an all-time high among practicing Neonatologists during this pandemic. Smart technology and an all access work culture that expects us to be “on” whenever possible, has taken a toll on everyone.

Lunch breaks become shorter, weekends extinct and vacations become something we put off for your retirement.

Many clinicians, trying to keep up is just a cycle of self- destruction. As a MidCaN wellness group we offer some tips to find inner peace that can be achieved through lifetime commitment during these times.

### Understanding Inner Peace

Inner peace is an internalized state of spiritual and mental peace. When the noise in your head quietens and the tangles of threads start coming apart, allowing you to see the space between your thoughts for the first time in what might seem like forever – that is inner peace.

Inner peace gives us the silence we need in a world of constant deafening noise. It allows us to open our eyes inside our minds and see just how cramped everything has become.

### Practicing Inner Peace

Incorporate simple methods in your daily life, keeping away from negative thoughts and beliefs should be your first step.

Happiness is often described as a measurement defined by the things we have and the things we want to have. Ask yourself, will I be truly happy when I get this?

Your happiness must come from within, not from without.

We often hide our true feelings about things, because we do not want to come off as weak or small to those around us. There is no quicker way to impede your path to inner peace than forcing yourself to be inauthentic.

You will not be punished for your anger,  
You will be punished by your anger

- Buddha



Stressful times can bring out the anger in us. Anger when properly harnessed could be your secret weapon to develop inner peace and leading a productive and meaningful life. Use the energy of anger to build constructive solutions to your problems and making positive changes to your own life.

Stop comparing yourself to those around us. This has become an unhealthy obsession in the modern culture. In a culture absolutely addicted to achievement and productivity, we always become programmed to feel the incessant need to do something productive, not because we want to, but feel like failures if we do not. We are never truly as good as we want to be, which is why the path towards self-betterment is a lifelong process. If your journey to inner peace is paved with haunting memories and shameful regrets, you will never find the light at the end of the tunnel. accept that these memories are part of who you are and learn to find peace in their presence rather than hiding them in the shadows.

<https://hackspirit.com/how-to-discover-your-inner-peace-in-4-simple-steps/>

### Practical Exercises

- Develop Healthy Relationships
- Learn how to reach mindfulness
- Constantly Challenge Negative Thoughts
- Make Meditation A Personal Habit
- Practice Non-Attachment

Contact the MidCaN executive council at [MidCaN@aap.org](mailto:MidCaN@aap.org) with any questions, feedback, or ideas you have

**Mid Career Neonatologists**

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