In medicine, it has become easier than ever to experience burnout in the medical field. Burnout is pervasive at all levels, including in medical students, residents, and physicians. It has a negative effect on many aspects of medical care, including one’s career, one’s ability to work with others, and, most critically, the delivery of excellent patient care. Both physicians and residents are under tremendous amounts of stress and must work long, demanding shifts. This study researches effective habits and coping mechanisms for counteracting burnout.

**Results**

Eight effective habits to cope with burnout and promote health and wellness can be arranged into the word MEDICINE: mood, exercise, diet, interpersonal relationships, community, introspection, narrative medicine, and engagement. Furthermore, the “me” in the “MEDICINE” mnemonic represents a crucial component of health and wellness – the individual.

**Introduction**

In medicine, it has become easier than ever to experience burnout in the medical field. Burnout is pervasive at all levels, including in medical students, residents, and physicians. It has a negative effect on many aspects of medical care, including one’s career, one’s ability to work with others, and, most critically, the delivery of excellent patient care. Both physicians and residents are under tremendous amounts of stress and must work long, demanding shifts. This study researches effective habits and coping mechanisms for counteracting burnout.

**Objective**

To develop an easily remembered mnemonic that can be arranged into the word MEDICINE. By utilizing effective habits and coping mechanisms, one can train oneself to lessen the chances of burnout. These habits cost no money to implement, help one to cope with burnout, and can have a substantial impact on one’s mental health and outlook.

**Methods**

Habits that help prevent burnout were researched and analyzed utilizing several sources, including *The Journal of the American Osteopathic Association*, The American Academy of Family Physicians (AAFP), and self-help resources from the Office of Personal Counseling/Health Promotion at Michigan State University College of Osteopathic Medicine.

**Conclusion**

By combining all of the elements of the “MEDICINE” mnemonic, one can successfully lower instances of burnout by focusing on positive methods for health and relaxation. Each of these elements helps to reduce burnout by improving mental and physical well-being. Taking care of yourself using these methods will make a difference in your life and in the lives of the patients you care for, ultimately helping you continue to provide the most compassionate and patient-centered care you are capable of on a regular basis. Only by focusing on self-improvement, healthy living, and working together can the medical community reduce and ultimately eliminate occurrences of burnout while improving overall health for physicians, residents, and medical students.