

Falling apart S'effondrer

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Artist statement

This piece is inspired by the mental health struggles and burnout experienced by medical students, physicians, and other healthcare providers. The medical education experience can be challenging and involves a constant state of learning and remodeling yourself. Without adequate support systems and emotional outlets, it can be easy to feel like a failure. It can feel like you are alone or, like in this image, that the world has lost all color. We can fight against this by talking about it openly. The enemy of darkness is light—let us be honest with each other about our struggles, dispel stigmas, and together, foster systems of medical training that build us up, not tear us apart.

Media

“Falling Apart” was created by drafting in Affinity Designer, iteration through the artificial intelligence software Midjourney with customized parameters, and post-processing in Affinity Designer. The portrait’s subject is fictional; it does not depict a real person.

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