TAKING PRIDE IN YOUR WORK AND YOURSELF!

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Do you find yourself being your worst critic? Has there been a patient outcome that went well, but you wished it turned out even better? Chatting with veterinary professionals from around the world, I can tell you that this is a common sentiment.

Perhaps we attend veterinary school as scientists and know the importance of precision and attention to detail, but when it’s not “our best work” and yet our clients think it’s “the best work,” we need to celebrate that win.

On your drive or commute home from work, I want you to identify one accomplishment you have achieved that day that’s worth celebrating. Perhaps your team saved a patient’s life, or you may just have made your client so happy just for being “squeezed in” to see them. I hope many of you realize the great work you are doing every day. My good friend and mentor, Dr. Peter Weinstein, states often that being a veterinarian is truly a gift—we are the advocates for the voiceless.

Take pride in the great work you are doing, and take pride in those around you. During Pride month, it is important to recognize and support our colleagues in the LGBTQ+ community. As a fellow LGBTQ+ member myself, I know how important it is to have allyship in the veterinary profession, as it was not available to me when I first started practicing. I can personally tell you that nothing is more awful as a practicing veterinarian than not being comfortable in your own skin. Please be a strong ally and supporter. If you need any advice or know someone who needs someone to talk to, PLEASE reach out to me. I would be more than happy to chat and make a new friend.

Wishing you and your team a safe summer, and remember to take pride in each other and the great work we do both in and out of the exam room!