



Dr Stephanie Luongo often uses art as a therapeutic outlet during her downtime in her residency. This chalk artwork is an integration of anatomy and nature, expressing, she says, “that life is beautiful and

precious, and at times can feel delicate—much like nature itself.” When trying to alleviate the stresses of residency, COVID-19, and working as a physician, Dr Luongo finds that reminding herself to breathe can make all the difference.

Dr Luongo is a family medicine resident starting her second year in the Surrey South Fraser program.