

Speech and debate tournaments give you an opportunity to be heard. Prose is your chance to say something important, something which makes your audience think. For me it is a miracle how my voice and the voices of other students can touch souls. During my year on the forensics team, participating in prose and drama competitions, I have experienced the strongest emotions of compassion, grief, hope and, of course, love. I am glad to present the piece "How to Say It" written by Bill Stillman, which I found very significant, especially after the COVID-19 pandemic.

According to the Annals of Medicine, physician burnout can be caused by forcing doctors to ignore their emotions. Physicians' emotions in professional settings are traditionally considered to be unprofessional and a taboo. Instead of allowing doctors to feel and experience emotions, the medical profession encourages to stifle and ignore them, even when they lose a patient.