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**On the Cover:** This month’s cover image is entitled *The Red Thread*. It was created by Sonia Lai, RN. She shared her thoughts on the piece she created, “I am a family nurse practitioner, who drew this piece as a reflection of the burnout I had experienced as an ER RN. My background and passion has always revolved around caring for underserved populations. Unfortunately, the healthcare system is not perfect, and both vulnerable individuals and health care workers that care for them are often left with inadequate resources and support. Dealing with burnout was a self-destructive process. I felt ashamed that as a healthcare worker, I couldn’t actually fix a lot of the problems that my patients suffered from. Although they were going home with the right prescription, they were still uncertain whether they could eat the next day. I felt guilt because I didn’t feel like it was appropriate for me to feel so much stress helping people. I didn’t understand the concept of self-care, and I didn’t practice it—it’s not widely discussed among healthcare workers. I have since then recovered, but I hope that this piece can help initiate dialogue on clinician burnout and self-care. More of my artwork is available at [www.sonialai.carbonmade.com](http://www.sonialai.carbonmade.com).”

The image is part of *Expressions of Clinician Well-Being*, a nationwide art project conducted by the National Academy of Medicine (NAM), a nonprofit research organization in Washington, DC. The Academy called on artists of all skills and abilities to express what clinician burnout and clinician resilience/well-being looks, sounds, and feels like to them. The purpose was to promote greater awareness and understanding of barriers to clinician well-being—and solutions that promise a brighter future. To learn more about the project, visit [nam.edu/ExpressClinicianWellBeing](http://nam.edu/ExpressClinicianWellBeing).