Thriving in residency

Supporting you today. Protecting your future.

[Join the AMA](https://www.ama-assn.org/medical-residents/residency-life/thriving-residency)

Thriving in residency

Turn to the AMA for timely guidance on making the most of medical residency. Get resources and advice about navigating the fast-paced demands of training, getting scientific research published, maintaining health and well-being and handling medical school student loan debt.

Call for research abstracts

Enter the AMA Research Challenge to showcase your work, enhance your CV and possibly win $10,000.

- **Free** to AMA members; limited-time offer on half-price dues
- Abstract deadline **July 24, 2023**

[Submit an Abstract Now](https://www.ama-assn.org/medical-residents/residency-life/thriving-residency)

Maintaining a well-balanced lifestyle

**Maintaining a well-balanced lifestyle**

Improving the well-being of today’s resident physicians is essential to the future of medicine. We offer guidance and resources to support resiliency and balance throughout your residency training.

[Hands cutting up fresh vegetables.](https://www.ama-assn.org/medical-residents/residency-life/thriving-residency)

**Discover the latest tips on resident well-being**

[Graphic of figure reclining in chair catching some sun](https://www.ama-assn.org/medical-residents/residency-life/thriving-residency)

**4 lessons for residents on sleep, resiliency and well-being**

[An illustration of a shadow of a plan over four different types of landscapes.](https://www.ama-assn.org/medical-residents/residency-life/thriving-residency)
Presenting scientific research

Presenting research at any stage of your career is vital to a physician’s development, and offers an opportunity to make a major impact.

Getting started, however, can be one of the more daunting aspects of pursuing a research project. Find the latest tips and advice about publishing medical research in residency with the AMA.

Establishing financial health

Residency is just the beginning. The salary you earn as a resident is a fraction of what your salary will be down the road. Still, your loans are due. Get advice on how to handle medical school student loan debt, manage personal finances and start your medical career on strong financial footing.

Money matters: Helping young doctors handle the mental burdens

Members get student loan refinancing with Laurel Road

Relocating for residency? Keep these things in mind

AMA supports you each step of the way

AMA is your ally on the journey to medical school, residency and beyond.
3 students tout medical school research as a way to shape future

4 reasons virtual residency interviews might be here to stay

Love and marriage ... and physician residency: How to make it work

Help your resident physicians meet new DEA training mandate

Table of Contents

1. Thriving in residency
2. Maintaining a well-balanced lifestyle
3. Presenting scientific research
4. Establishing financial health
5. AMA supports you each step of the way