

# Good husbandry of the cow vet

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## Abstract

As a new graduate, we often think that honing our technical skills is the number one priority. While being a technically-skilled veterinarian is incredibly important for serving our clients and animals, we also need to develop the skills to take care of ourselves. We can assess our mental and physical states as cattle veterinarians through the lens of the 5 Freedoms and 5 Domains of Animal Welfare. We will discuss how goal setting is a habit of highly successful people and how we often overlook the value of intention setting. As cattle veterinarians, we can combat imposter syndrome through setting boundaries, recognizing burnout and investing in relationships. Cattle veterinarians, like our bovine patients, are herd animals too.

**Key words:** personal development, career development, animal welfare

In the dynamic world of veterinary medicine, the emphasis has traditionally been placed on honing technical skills as a new graduate. While proficiency in the technical aspects of veterinary practice is undeniably crucial for delivering optimal care to both clients and animals, the significance of cultivating personal well-being is often overshadowed. This manuscript explores the multifaceted nature of being a cattle veterinarian, encouraging a holistic perspective that extends beyond the realm of technical expertise.

Drawing inspiration from the foundational principles of animal welfare, I propose a novel approach to self-assessment by examining our mental and physical states through the lens of the 5 Freedoms and 5 Domains of Animal Welfare. By aligning our well-being goals with these frameworks, we can enhance our understanding of the interconnectedness between the welfare of both ourselves and our bovine patients.

Delving into the habits of highly successful individuals, we highlight the importance of goal setting as a transformative tool in personal development. However, we also shed light on the often-overlooked practice of intention setting and its profound impact on fostering a resilient mindset. Recognizing the parallel challenges faced by cattle veterinarians and their bovine counterparts, we delve into the concept of imposter syndrome and propose strategies for combating it. Setting clear boundaries, identifying signs of burnout, and investing in meaningful relationships emerge as essential practices for navigating the complex landscape of veterinary medicine.

Emphasizing the communal nature of cattle veterinarians, likening them to their bovine patients as herd animals, we underscore the importance of fostering a supportive community within the profession. By acknowledging the interconnectedness of individual well-being with the broader veterinary community, we can collectively contribute to a more sustainable and fulfilling career in cattle veterinary practice.

This manuscript serves as a call to action for new graduates and seasoned professionals alike, advocating for a paradigm shift in prioritizing not only technical proficiency but also the cultivation of a resilient and thriving veterinary community.

## Conflict of interest

I have a financial interest, agreement or affiliation with fairlife, LLC.

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