Dr. Caroline Lee Wilds wears multiple hats as an administrator, primary care physician, community leader, and mother of three, always striving to find balance between work and home, joy and stress—and encouraging her colleagues to do the same. The COVID-19 pandemic has brought a new host of challenges for many, both personally and professionally—and all of Dr. Wilds’ roles have uniquely prepared her to respond and guide her family and practice through these uncertain times, helping those around her to not only survive but thrive.