

WELLNESS *and* RESILIENCE in PHARMACY

Practice Physical Activity

Take walks or short laps during your lunch break.

Block out time in your schedule to exercise.

Try workout classes after work.

Consider walking over driving/taking a shuttle when you have the chance.

Keep in mind that even small amounts of physical activity will improve your overall well-being.



Make Time for Friends and Family

Make time for friends/family, and stick to your plan.

Attend social events with friends and co-residents.

Invite your co-residents to do something you already do.

Your co-residents may need wellness activities as much as you do.

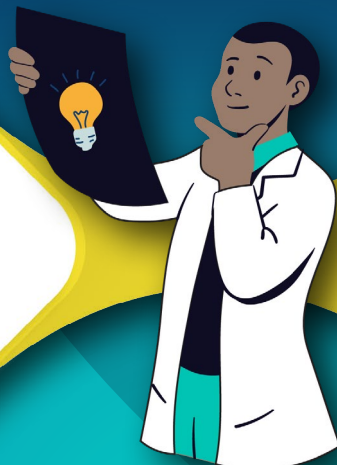
Give yourself time to recharge, especially during busy weeks.

If you can do it with friends, even better!



Overcoming Stress and Burnout

Meet George, a PGY1 pharmacy resident. He works long hours at a large academic medical center and has a lot on his plate. To help improve his time in residency, George practices the following wellness strategies. These are just a few ideas; everyone practices wellness in their own way.



Remember to Take Breaks

Set timers while working to give yourself breaks.

For example, give yourself 25 minutes of focused time and 5 minutes for a break.

Create a schedule to plan out breaks, alternate projects, and work activities in advance to help with time management.

Use your break times to stay hydrated, or have a healthy snack to keep improving your physical wellness.



Don't Forget Emotional Wellness

Many hospitals and facilities have lifestyle coaching, counselors, or other services that support emotional wellness and positive mental health.

Improving your sleep hygiene can help to improve your emotional wellness over time.

Allotting time every day to focus on emotional wellness may be helpful and healing.

Don't be afraid to ask for help! If things are getting overwhelming, it's better to let someone know.



www.pharmacist.com/wellbeing

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