

Tennessee Pharmacists Association Recovery and Well- Being Resources



TPA Recovery and Well-Being Resources

Healthcare and Pharmacy Specific Well-being Resources

- [APhA Well-being Resources](#)
- [ASHP Well-being & You Resources](#)
- [CDC Resources: Support for Public Health Workers and Health Professionals](#)
- [National Alliance for Mental Illness: Frontline Healthcare Professionals](#)
- [HPSO: The Pharmacist's Guide To Recognizing and Preventing Burnout](#)
- [National Consensus Conference: Enhancing Well-being and Resilience Among the Pharmacist Workforce](#)
- [Pharmacist Support](#) – These pages provide guidance and advice on staying mentally healthy and reducing stress. They cover a wide range of areas and can be beneficial for both your own personal use and for your pharmacy team.

Pharmacist Well-Being Index

[Assess Your Level of Stress](#) **Enter Invitation Code: APhA**

- Burnout is real. APhA has a **free** online screening tool, invented by the Mayo Clinic, to evaluate fatigue, depression, burnout, anxiety/stress, and mental/physical quality of life to assess your well-being. It's 100% anonymous and evaluates distress in just 9 questions.
- After taking the survey, you'll receive immediate, individualized feedback, allowing you to compare yourself with other pharmacists and healthcare professionals. You may retake the survey as many times as you like and track your distress level over time.
- **What Is Distress Percent?**
 - Distress Percent is the percentage of individuals with a Pharmacist Well-Being Index score ≥ 5 . It measures the percent of individuals that are at a high level of distress.
- **Why is Distress Percent Important?**
 - Researchers at the Mayo Clinic (inventor of the Well-Being Index) found that those who are at risk of high distress are also at risk for a:
 - 3-fold higher risk of low quality of life
 - 8-fold higher risk of burnout
 - 2.5-fold higher risk of high fatigue

- 2.5-fold higher risk of intent to leave their current job
- 2-fold higher risk of medication error

Workplace Wellbeing

- Work/Life Balance: [Tips for Negotiating the Zen You Need](#)
- [How to Prevent Burnout in the Workplace: 20 Strategies](#)
- [Workplace Mental Health & Well-Being – Current Priorities of the U.S. Surgeon General \(hhs.gov\)](#)
 - This site has a link to the US Surgeon General's written document on Workplace Well-Being as well as a summary of the document with definitions and key components.
- Calm 10-Minute Meditations ([Calm - YouTube](#))
 - This is a free daily YouTube series that can be accessed any time. Perfect for lunch break relaxation.
- [ASHP Well-Being Ambassador Program](#) – Improving Healthcare Access and Outcomes Through Resiliency Training for the Pharmacy Workforce
 - **PROGRAM DESCRIPTION** – The ASHP Well-Being Ambassador Program (WBA) is a curriculum-based, virtual learning community that will empower local action, particularly in tribal, rural, and underserved areas, to mitigate occupational burnout and create cultures of well-being in healthcare organizations. The program includes:
 - **Complimentary** access to the **ASHP Well-Being and Resilience Certificate**
 - Support from Implementation Coaches
 - Connection to the WBA community
 - Resources to implement local strategies

The WBA program is available for anyone working in the pharmacy profession at **no charge** in any geographic setting of care, **regardless of ASHP membership status**.

- Pharmacy Workplace and Well-being Reporting (PWWR) Tool
 - This anonymous and confidential tool, created by APHA and NASPA, allows you to provide detailed information about pharmacy workplace practices, both positive and negative. the situations that you and your colleagues report will help to tell a collective, powerful story that can spark change and improvement in well-being and patient safety. The results will be aggregated to create a pool of data used to influence and educate pharmacy leaders, government officials, and the public as well advance meaningful and actionable changes. [PWWR tool found here](#).
- [Manage Your Energy, Not Your Time – Harvard Business Review](#)
 - As the demands of the workplace keep rising, many people respond by putting in ever longer hours, which inevitably leads to burnout that costs both the organization and the employee. Meanwhile, people take for granted what fuels their capacity to work—their energy. Increasing that capacity is the best way to get more done faster and better. [Read this article](#)
- Pharmacist Burnout:
 - [What is burnout?](#) Understanding the extent of burnout in our profession.

- [Job Burnout: How to Spot It and Take Action – The Mayo Clinic](#)
- [Pharmacist Burnout And What You Can Do About it – Elisabeth Rumley](#)
- [The Science Behind Pharmacist Burnout Is Scary: Here Is What to Do About It \(pharmacytimes.com\)](#)

Resiliency

- [National Academy of Medicine: Clinician Resilience and Well-being](#)
- [Be Intentional About How You Spend Your Time Off](#)
- [How to Practice Self Compassion](#)
- [Mayo Clinic – How to Build Resiliency](#)
- [Strategies to Build Resilience](#)
- [Positive thinking: Stop negative self-talk to reduce stress and practice overcoming negative self-talk with examples provided – Mayo Clinic.](#)
- [Exercise and stress: Get moving to manage stress – Mayo Clinic](#)
- [Sleep tips: 6 steps to better sleep – Mayo Clinic](#)
- Consider joining Mayo Clinic Health System's [Discover Gratitude program](#). The virtual month-long program consists of daily journaling about thankfulness, mindfulness and kindness on journal sheets. Acknowledging gratitude and being mindful support a positive shift to improve your mental well-being and health.
- [Live Life to the Full](#)
 - This is a **free** library of online resources and courses that teach a range of life skills that aim to improve wellbeing and resilience throughout life. It explores subjects such as living with a long-term condition, experiencing anxiety, low mood or stress, or are (or about to be) a new parent. This is a library created by experts in cognitive behavioral therapy to help individuals.

Mindfulness

- [10 quick mindfulness exercises for coping with stress and anxiety.](#)
- [Mindfulness resources to find calm and nourish resilience](#)
- [Mindfulness & Meditation | Center for Wellness and Health Promotion \(harvard.edu\).](#)
- [Meditation and Mindfulness: What You Need To Know | NCCIH \(nih.gov\).](#)
- The Mindset Mentor Podcast
 - The podcast is for anyone looking for motivation, direction and focus in life with short 20-minute episodes that include “Your Comfort Zone is Killing Your Dreams”, “How to Ask for Help”, and “Affirmations for Success”.
 - It can be accessed on Spotify, Apple Podcasts, Google Podcasts, and Pocket Casts.

Additional Resources:

Recovery Resources

- [Tennessee Pharmacy Recovery Network](#)
- [Pharmacists Recovery Network](#)
- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [Smart Recovery](#)
- [Celebrate Recovery](#)
- [Recovery Dharma](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [APhA Institute on Substance Use Disorders](#)

Suicide Hotline

- [Prevention Line: 1-800-273-8255](#)
- **988 Suicide & Crisis Lifeline: Call, Text, or Chat 988**
- **TN Statewide Crisis Phone Line: 1-855-CRISIS-1 (1-855-274-7471)**
 - [**TN Crisis Services Map**](#) (link to a map of in person crisis centers throughout Tennessee)

EARLY INTERVENTION IS KEY

IF YOU NEED HELP OR KNOW A PHARMACY
COLLEAGUE WHO DOES, PLEASE CALL!

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