Resources to Support Pharmacy Professional Resilience & Well-being

General
Podcast - *Finding Joy: The health care professional’s journey to wellness and resiliency*, produced by WSU Health Sciences Spokane
National Academy of Medicine Clinical Well-Being & Resilience
American Association of Colleges of Pharmacy’s Wellness and Resilience in Pharmacy Education
American Pharmacists Association Pharmacy Well-Being
Pharmacy Well-being Index
Pharmacy Workplace And Well-Being Reporting (PWWR)
Pharmacist’s Fundamental Responsibilities and Rights

Systems-based strategies
Book - *Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being*
National Alliance of Boards of Pharmacy Report of the Task Force on Workplace Safety and Wellbeing
Technician class/on the job training - North Seattle Technician Training Apprenticeship Program
Pharmacy train your own technician program - WSPA Technician On the Job Training Program
Pharmacy technician immunization training - WSPA Technician Immunization Administration Program

Team-based strategies
Balint Groups - Learn more or sign up for virtual or in-person Balint groups for Washington healthcare professionals (CME provided at no charge)
Leadership Article - *Relationship Between Organizational Leadership and Health Care Employee Burnout and Satisfaction*
Team Building - *How to Build Communities of Practice*

Individual strategies
Meditation Apps - Ten Percent Happier, Calm, Buddhify, Insight, Simply Being, Muse
Meditation Starting Guide - University of Wisconsin School of Medicine and Public Health
Gratitude - Introduction and 10 Ways to Practice
Positive Psychology - VIA Strengths Finder

COVID-19
Centers for Disease Control Support for Health Professionals
National Academy of Medicine COVID-19 Pandemic Resources for Health Professionals
Penn Arts & Sciences Positive Psychology Coronavirus Pandemic Resources

Social Media
Twitter: @ColinWestMDPhD; @LDyrbye; @ChristineSinsky
Instagram: @helpthehealers; @becomebraveenough (women-focused)

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