

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

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Instagram: @helpthehealers; @becomebraveenough (women-focused)