

MENTAL HEALTH & WELL-BEING DURING RESIDENCY

Ways to Incorporate Balance and Resiliency in Your Life

Did you know that ~50%–70% of pharmacy residents experience burnout during residency?^{1,2}

This can negatively impact the resident, their patients, health care teams, and the department.

To prioritize wellness, here are some actions you can take to build resiliency and to avoid burnout!



SCHEDULE TIME FOR YOURSELF

Postgraduate training has many challenges and demands, but it's important to set time aside for yourself.

Whether it's trying a new hobby, resting, or enjoying a day off, it's okay to take your mind off pharmacy!

SELF-CARE & REFLECTION

Prioritize your physical health.

- It's important to eat a balanced diet, exercise, and get plenty of sleep.
- Practice gratitude to review how your efforts are making a positive change.
- Did you know? Laughing can release serotonin and endorphins.³ Keep on smiling & laughing!



AVAILABLE MOBILE APPS

There are countless mobile apps designed to help individuals relax and calm their minds.

Some examples include:

- Calm
- Headspace
- UCLA Mindful
- Healthy Minds Program
- Well-Being Index for Pharmacy Professionals (use code "APhA" for no fee)

CONNECT & GET INVOLVED

You may be working and seeing your colleagues every day, but find time to participate in activities outside of work.

These can involve food, sports, art, travel, and other interests and hobbies.

Connecting with others helps improve a sense of well-being, lowers stress, and allows you to build a social network.⁴



References

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3. Yim J. Therapeutic benefits of laughter in mental health: A theoretical review. *Tohoku J Exp Med*. 2016;239(3):243–249. doi: 10.1620/tjem.239.243.
4. Mospan CM, Olenik A. Empowering pharmacists to address burnout and resiliency. *J Am Pharm Assoc*. 2018;58(5):473–475. doi:10.1016/j.japh.2018.08.003.

This resource was developed by the 2022–2023 APhA–APPM Pharmacy Residency Standing Committee, Member Engagement Subcommittee.

<https://pharmacist.com/wellbeing>

