HOW TO BECOME A WELLNESS LEADER

PURPOSE
To empower your colleagues to prioritize their wellness and well-being.
To serve as a resource for peers who wish to improve their mental and physical health.

WELLNESS & WELL-BEING
Wellness is a state of being in good health, especially as an actively pursued goal.

Pursuit of wellness aids in preventing burnout and improving individual/team well-being.

Well-being is an active process of becoming self-aware of and making choices toward a healthy and fulfilling life.

INITIAL CONSIDERATION
Know your strengths and weaknesses.

Set achievable, realistic, and measurable goals.

Recognize the interests and needs of your department and institution.

YOUR WELLNESS & WELL-BEING
our well-being should always be first priority.

Continuously evaluate how additional responsibilities may impact your well-being.
KNOW YOUR RESOURCES

INSTITUTION-SPECIFIC RESOURCES

Your institution may provide helpful resources. Ask your supervisor or inquire with Human Resources.

Wellness Programs
Health & Wellness Coaching
Mental Health Resources
Stress Management
Handling Death and Dying
Departmental/Institutional Leadership
Peer Support Groups

EXTERNAL RESOURCES

Most individuals don't know where to start.

ASHP Workforce Well-Being and Resilience Resource Center is a great place to start!

Smart phone apps
Podcasts
Books
Journal articles
Websites and blogs

EDUCATIONAL ACTIVITIES

Give a presentation at:
• Continuing education activities
• Student and resident rotations
• Departmental meetings

Contribute an article to:
• Wellness newsletter
• Wellness column in an established departmental newsletter

INITIATIVES

Form a wellness committee:
• Collaborate with interprofessional peers
• Set goals for the year to provide to create wellness activities
• Evaluate activities using improvement science (i.e. PDSA cycle)

Mentor learners:
• Incorporate wellness in student and resident rotations through topic discussions, journal clubs, presentations

Recognize others
• Spotlight individuals who engage in their own wellness and empower others to do that same

Visit wellbeing.ashp.org for more resources.

Acknowledgements:
Kala Rorabaugh, Pharm.D. BCPPS, WVU Medicine
ASHP New Practitioners Forum Career Development Advisory Group