

Serving Your Institution

# 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](http://wellbeing.ashp.org) for more resources.

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