

Looking after your wellbeing

Most of the time community pharmacy is a rewarding and enjoyable job. It is however a job that can also be hard work, stressful and on occasions emotionally draining. We support our team and our patients through highs and lows but this can have an adverse effect on our own wellbeing.

We can only continue to work effectively if we are also checking in with ourselves and helping to keep our mental and physical wellbeing in good condition. Investing in our own wellbeing is good for us as individuals, for our families and friends as well as for our colleagues and patients.

The five ways to wellbeing are almost certainly known to us as we will use them with our patients and colleagues, but how often have we used them for ourselves?

A quick reminder:

[Connect](#)

Connecting with the people around us helps us remember how important we are to others.

Arrange a regular chat: we were very good at online catchups during lockdowns, have you lost some of those regular connections since we were able to meet up?

Can you plan to meet a friend for a walk or coffee on a regular basis?

[Be active](#)

As healthcare professionals we understand the link between staying active and positive mental health and wellbeing, but do we plan to put this into action for ourselves?

What do you enjoy doing? Walking, swimming, going to the gym?

Could you plan a slot once a week to do something, just for you?

[Take notice](#)

Taking notice of our emotions and surroundings is a great way to stay present and pay attention to our needs. This might be being aware of our surroundings on a walk or concentrating on what our loved ones are saying by switching off music or the television.

Could you have a digital detox one day a week, perhaps on a Sunday and concentrate on everything except your phone?

Could you plan 15 minutes each evening to reflect on just three things that have gone well that day?

[Keep learning](#)

It's hard to work in pharmacy and not keep learning, but what about learning for pleasure?

Try a new recipe

Try a new hobby, and yes, I know hobby seems quite an old-fashioned word but the dictionary defines it as: 'an activity done regularly in one's leisure time for pleasure', so do you have a hobby?

Give

There is research that says there is a link between doing good things and an increase in wellbeing. Pharmacy involves a lot of 'doing good things', but what about the things we could do outside of the good things we have to do? Perhaps:

Do something extra for the environment.

A random act of kindness or even a secret random act of kindness!

Resources

Wardley Wellbeing Hub

This is part of pharmacist support and has some great resources around wellbeing. We particularly like some of the posters including the sleep diary and self-care planner but some of the e-learning modules may also be useful

<https://wellbeinghub.pharmacistsupport.org/resources/>

Listening Friends

Again, part of pharmacist support but a great way to find someone independent to talk to about how you're feeling but at the same time someone who understands pharmacy, so you don't need to explain lots of things

<https://pharmacistsupport.org/how-we-can-help/listening-friends/>

Greater Manchester Partnership Wellbeing Toolkit and Programme

Lots of local resources for the healthcare workforce in Greater Manchester

[Greater Manchester Wellbeing Toolkit and programme - GMHSC](#)

Best wishes,

Jennie Watson

CPGM Committee Member and Locality lead for Manchester