

# Interprofessional Wellbeing and Resilience Lunch and Learn

Collaborating to Improve Wellbeing and Resilience Among Pharmacy Students

*Harding University College of Pharmacy*

## WHAT WE DID:

### **Objective:**

The objective of our professional development project was to collaborate interprofessionally with graduate professional counseling students to educate pharmacy students in a co-curricular lunch and learn about ways in which to improve their wellbeing and resilience such as coping mechanisms and self-care strategies.

### **Plan:**

SSHP leaders at Harding University College of Pharmacy collaborated with our university's graduate professional counseling program in order to organize this lunch and learn event. We received approval from our Associate Dean of Academic Affairs for this lunch and learn to be counted as co-curricular credit for attendees in the student learning outcome category of "self-awareness" based on Domain 4 of the CAPE 2013 Outcomes. We advertised this event through placing it on our student calendar, email, announcing it on our SSHP Instructure Canvas page, and our SSHP Facebook page. We also ordered a catered lunch for this event's attendees. Two graduate professional counseling students prepared a PowerPoint presentation and activities for the meeting, incorporating statistics about pharmacy student stress and burnout and education about self-care and coping strategies. They also led attendees in a self-care self-assessment and a time management activity.

### **Outcome:**

In collaboration with the graduate professional counseling program, we were able to educate 45 pharmacy students about the importance of caring for one's mental health in a stressful environment such as pharmacy school. Wellbeing and resilience are important topics in today's pharmacy environment, and we are thankful to have had this opportunity to equip our student body with tools and strategies to improve their own wellbeing and resilience through interprofessional collaboration.

## WHAT YOU CAN DO:

- Reach out to the other graduate programs near your pharmacy school to collaborate
- Invite students outside of your own SSHP organization to attend
- Advertise the event by requesting the meeting to be placed on your school's student calendar, hanging up flyers on approved bulletin boards, and announcing it through your SSHP chapter's social media
- Consider serving food or snacks to increase student attendance
- Utilize ASHP resources at <https://wellbeing.ashp.org/Resources>

## Available ASHP Resources to Assist in Accomplishing Your Project:

- <https://wellbeing.ashp.org/Resources>

Questions? Contact Sarah Steely, HUCOP-SSHP Secretary, at [ssteely@harding.edu](mailto:ssteely@harding.edu) or Natalie Stirrup, HUCOP-SSHP President, at [nstirrup@harding.edu](mailto:nstirrup@harding.edu).