

Wellness Wednesday Post	Topic	Sample language for communication (i.e. Social Media, Newsletter)
January	Extinguishing burnout in yourself	Resolve to be resilient in the New Year. Check out this ASHP webinar on Extinguishing the Burnout Yourself and Your Team .
February	Expressions of Clinician Well-Being	Art can sometimes say what we cannot. See how hundreds of artists envision a future where there are no barriers to achieving clinician well-being through Expressions of Clinician Well-Being .
		“Don’t Slip” was created by Elizabeth Canterbury, Pharm.D., of Huntington, West Virginia. She reminds us that “As health care professionals, it is easy to become jaded and cynical. We must remember that addiction is not a moral failing or a choice; rather, it is a pathophysiologic condition which can affect anyone. No one is immune.” Check out other art pieces created to express clinician well-being through art in Pharmacy and the Art of Resilience .
March	Mindfulness and Meditation for Pharmacists and Pharmacy Technicians Webinar	Looking for ways to reduce stress? Mindfulness and meditation are great ways to tackle stress in your life. Beginners often find that guidance through stress-reducing activities can be particularly helpful. Try downloading one of the many available Mindfulness and Meditation apps for your smartphone and take time for yourself to reflect on what fulfills you. Also check out this ASHP webinar, Mindfulness and Meditation for Pharmacists and Pharmacy Technicians .
April	Managing Your Energy Level	Feeling low on energy? “Energy comes from four main areas: the body, emotions, mind, and spirit. These areas must be tuned as individual instruments that must be in harmony with each other to ensure that the result is music, not noise.” Continue reading more about Managing Your Energy Level and learn how to maintain higher levels of energy.
May	We Can’t Resilience Our Way Out of This	Have some thoughts that you’d like to share about clinician well-being and resilience? Check out this discussion board on We Can’t Resilience Our Way Out of This and join in the conversation.
June	You’ve got a friend in me	As summer vacations begin with friends and family, it is a great time to think about our relationships with those around us and the importance of fostering meaningful connections. Take time to reach out to someone that you haven’t talked to in a while and let them know how much you appreciate them. Also, for tools on how to further develop your professional relationships, check out this ASHP webinar: You’ve got a friend in me – Developing Interprofessional Relationships to Foster the Creation of Resilience in Clinical Learning .

July	How much sleep do pharmacy residents need?	We're halfway through the year – how's your sleep hygiene? Increased stress levels were reported by pharmacy residents who did not get enough sleep. How much sleep do we really need? See what the National Sleep Foundation recommends for adequate sleep per night according to your age.
August	Burnout Syndrome Among Healthcare Professionals article	Feeling overwhelmed in your residency or new career? Don't wait to educate yourself about clinician burnout by reviewing the National Academy of Medicine Clinician Well-Being Knowledge Hub and reading Burnout syndrome among healthcare professionals .
September	Professional Policy on Clinician Well-Being and Resilience	As ASHP Policy Week approaches, read up on ASHP's current Policy on Clinician Well-Being and Resilience . Interested in getting involved? Check out the different ASHP Councils and Committees that you can join.
October	Well-Being and Resilience	Looking for ways to sustain a healthy and thriving work environment? Check out this webinar series, Well-Being and Resilience . It includes 13 learning modules that will not only earn you CE hours, but it will also help you address and effectively cope with the stress and burnout associated with demanding patient care environments.
November –	Burnout Among Health Care Professionals: A Call to Explore and Address This Under Recognized Threat to Safe, High-Quality Care	Why should we be concerned about burnout among healthcare professionals? Check out Burnout Among Health Care Professionals: A Call to Explore and Address This Under recognized Threat to Safe, High-Quality Care .
December	Sharing Knowledge to Combat Clinician Burnout	Looking for ways to combat clinician burnout? Here are some resources to help you get involved in promoting clinician well-being and resilience: Sharing Knowledge to Combat Clinician Burnout .
Annual Meeting Month		Recommended post: As you are getting ready for [State Affiliate Annual Meeting], reach out to your friends and colleagues and prioritize wellness.