

A PRESCRIPTION FOR PROFESSIONAL
WELLNESS

PODCAST
Workbook

Simple Ways To Manage
Your Mental Health
(For Busy People)

By Amy Oliver and Dr. Carly Crewe

Sponsored by The Ontario Pharmacists Association



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Advocating Excellence
in Practice and Care

Amy Oliver
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eunoia medical
in pursuit of a well mind

A Message From

THE ONTARIO PHARMACISTS ASSOCIATION

The Ontario Pharmacists Association (OPA) is pleased to present this 8-episode podcast series entitled 'A Prescription for Professional Wellness'.

OPA recognizes the need to support the wellness and engagement of the pharmacy community. Pharmacy professionals spend day in and day out being active members of our patient's care teams and giving so much in order to promote the health and wellbeing of others. Now, more than ever, we need to focus on taking care of each other, and ourselves so that we can move from surviving as a profession to thriving.

The past two years have been the most demanding of the pharmacy profession and of society. We are proud of the work you have done and the contributions you have made. This along with a clear awareness that frontline pharmacy providers have sacrificed many things, including pieces of themselves, to continue to serve our communities.

This podcast is one of the initiatives OPA is putting forth to help promote professional wellness, prevent burnout, and move forward fully engaged in the meaningful work of all pharmacy professionals as we strive to serve our communities now, and into the future.

Strategy 1 MINDSET

Shifting your mindset to one of “a little goes a long way”

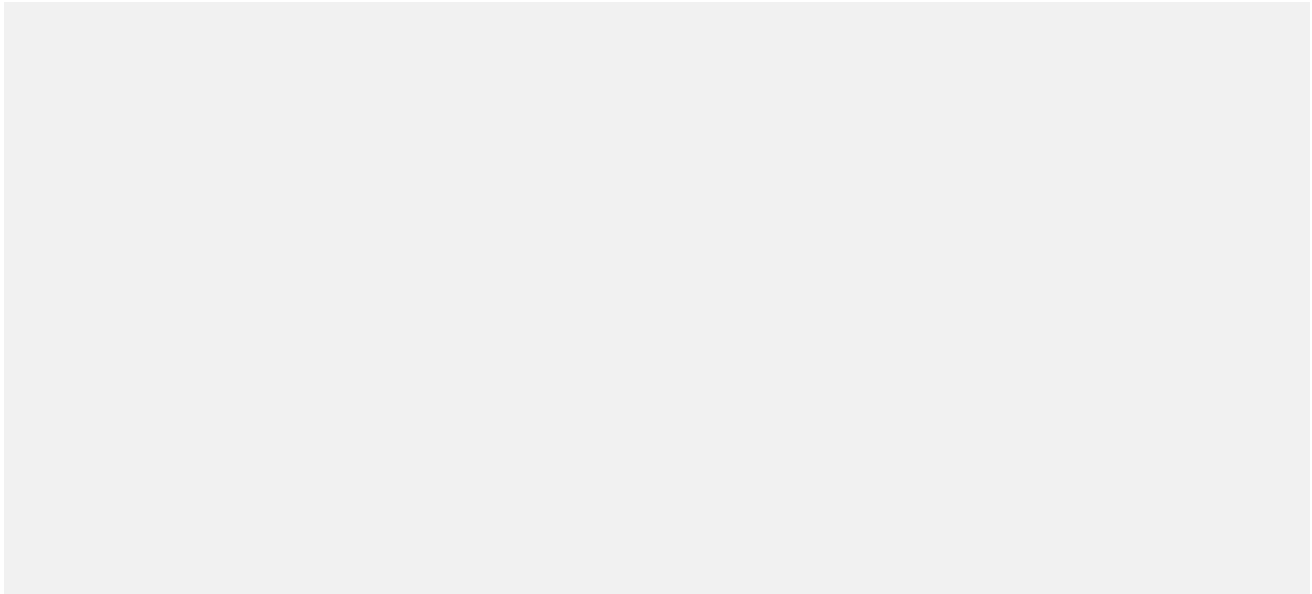
“ IF WE ARE ABLE TO REMIND OURSELVES THAT “SOMETHING IS BETTER THAN NOTHING” WHEN IT COMES TO TAKING CARE OF OUR MENTAL HEALTH, WE’RE MUCH MORE LIKELY TO ENGAGE IN HEALTH-PROMOTING BEHAVIOURS ”

Mindfulness, defined by John Kabat-Zinn, the founder and creator of Mindfulness-Based Stress Reduction (MSBR) is “is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally.”

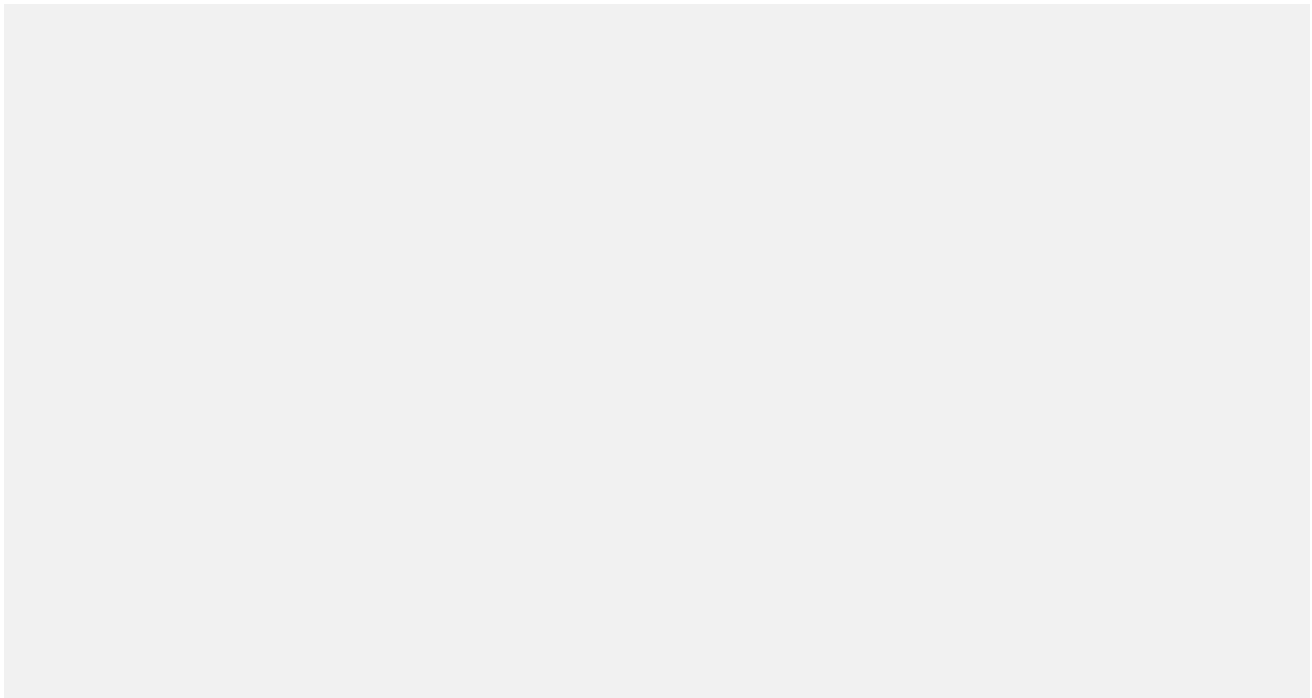
Mindfulness is very effective at managing our mental health, but it also takes no time at all to be mindful.



Reflect on opportunities in your life to practice simple mindfulness techniques throughout the day:

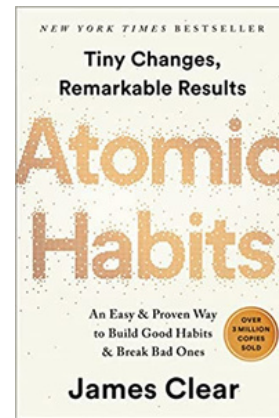


How can you engage your sense to help you bring your attention back to the present moment and out of the emotional stories in your head?



Strategy 2 HABIT STACKING

CHECK OUT THE BOOK
ATOMIC HABITS BY
JAMES CLEAR



Habit stacking is how we attach a new habit to an already existing habit.

IDENTIFY A HABITUAL
BEHAVIOUR THAT YOU
ENGAGE IN EVERY
SINGLE DAY



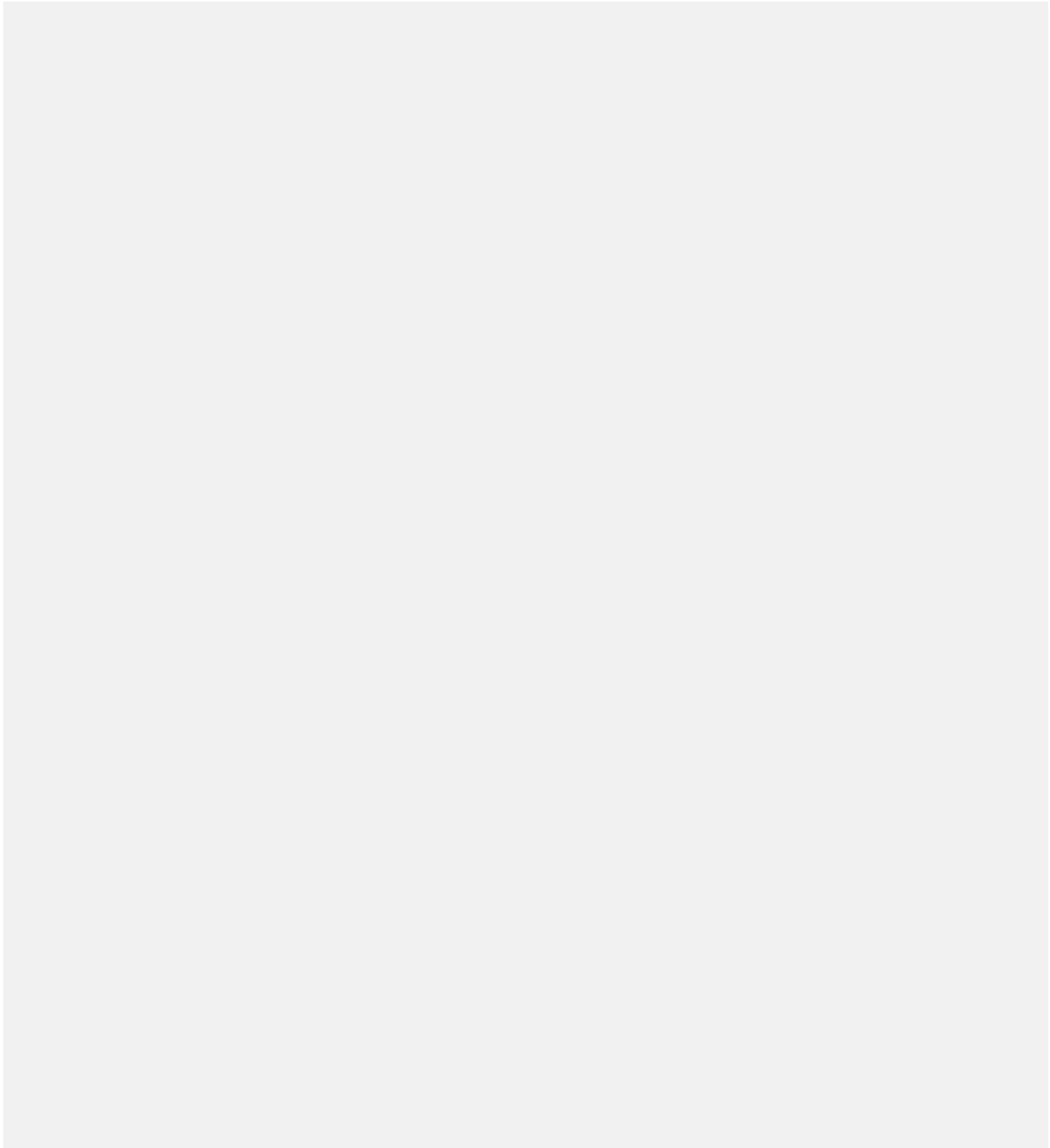
ATTACH A NEW
HABIT TO IT

Examples:

- Intentionally taking 5 deep breaths to calm yourself down when you pull into your parking spot at work, or
- Playing a meditation or calming audio track out loud while preparing your morning breakfast or coffee.

What are some examples of habit stacking that you can try?

Brainstorm here:



Strategy 3 BARE MINIMUM ROUTINE

Be honest about what is possible for you in your day, and create an absolute bare minimum mental health ritual or routine that can be done on even the busiest of days. This routine should be personalized, realistic, and include the top 1-2 activities that you find impactful for your mental health.

Write it here:

Strategy 4 TRANSITION ROUTINES

RITUALS OR ACTIVITIES THAT HELP US TRANSITION FROM ONE PART OF OUR DAY TO THE NEXT

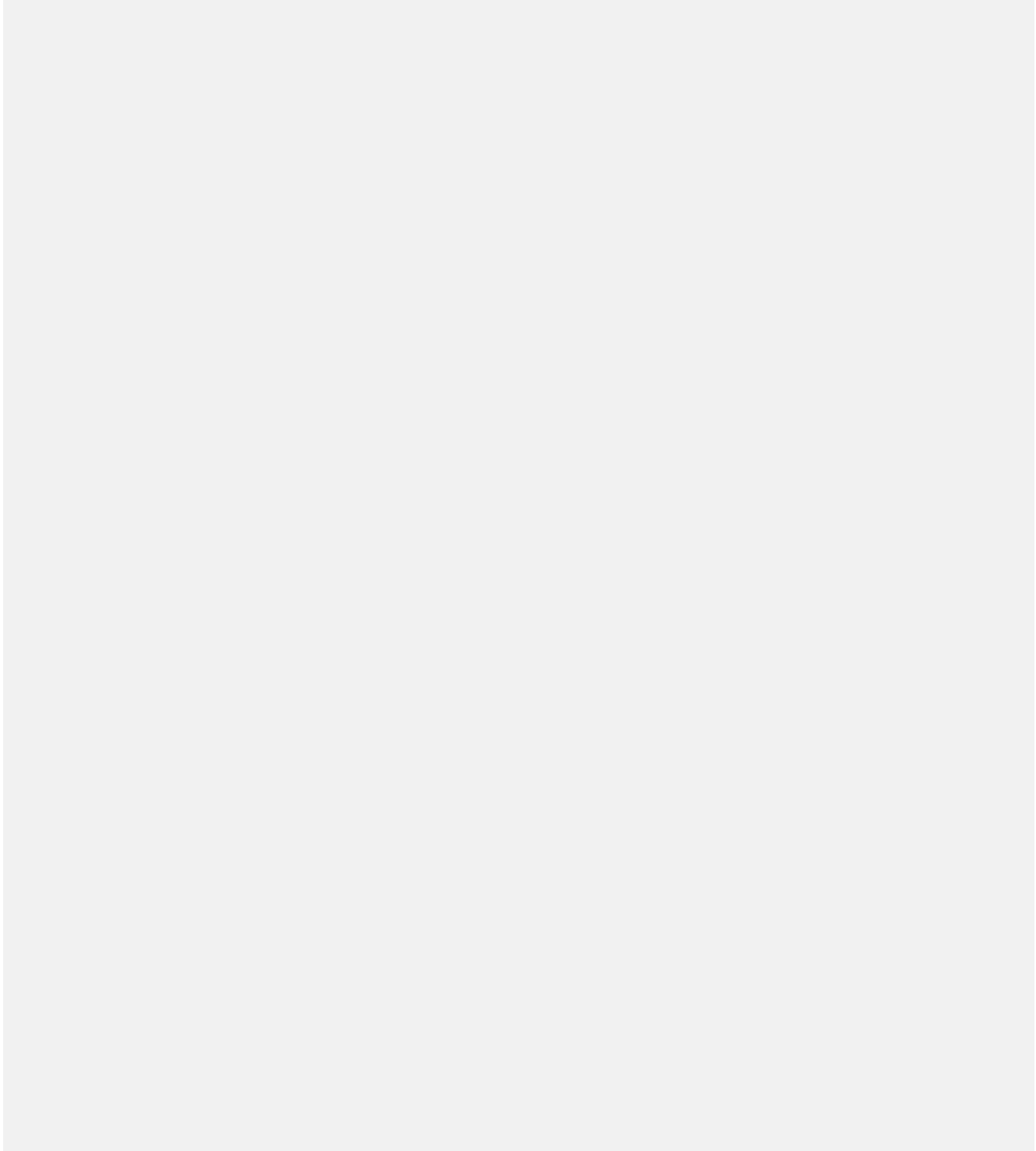


Examples:

- Sitting for 10 minutes in your car after work before starting your commute to listen to a meditation audio
- Making a stop on your way home at a beautiful view to simply sit with your thoughts
- Set the tone on your commute or walk to work with some calm or motivating music

A TRANSITION ROUTINE HELPS US MINDFULLY PREPARE AND TRANSITION INTO OUR NEXT PHASE OF OUR DAY WITH MORE EASE AND FLOW.

What transition routines can you try in your life?



Strategy 5 ACCUMULATING POSITIVES

When you're feeling like too many things are accumulating on the "NEGATIVE" side and not enough on the "POSITIVE" side to balance or tip the scale and improve our mood.

So your job is to add more things to the positive side as often as you can.

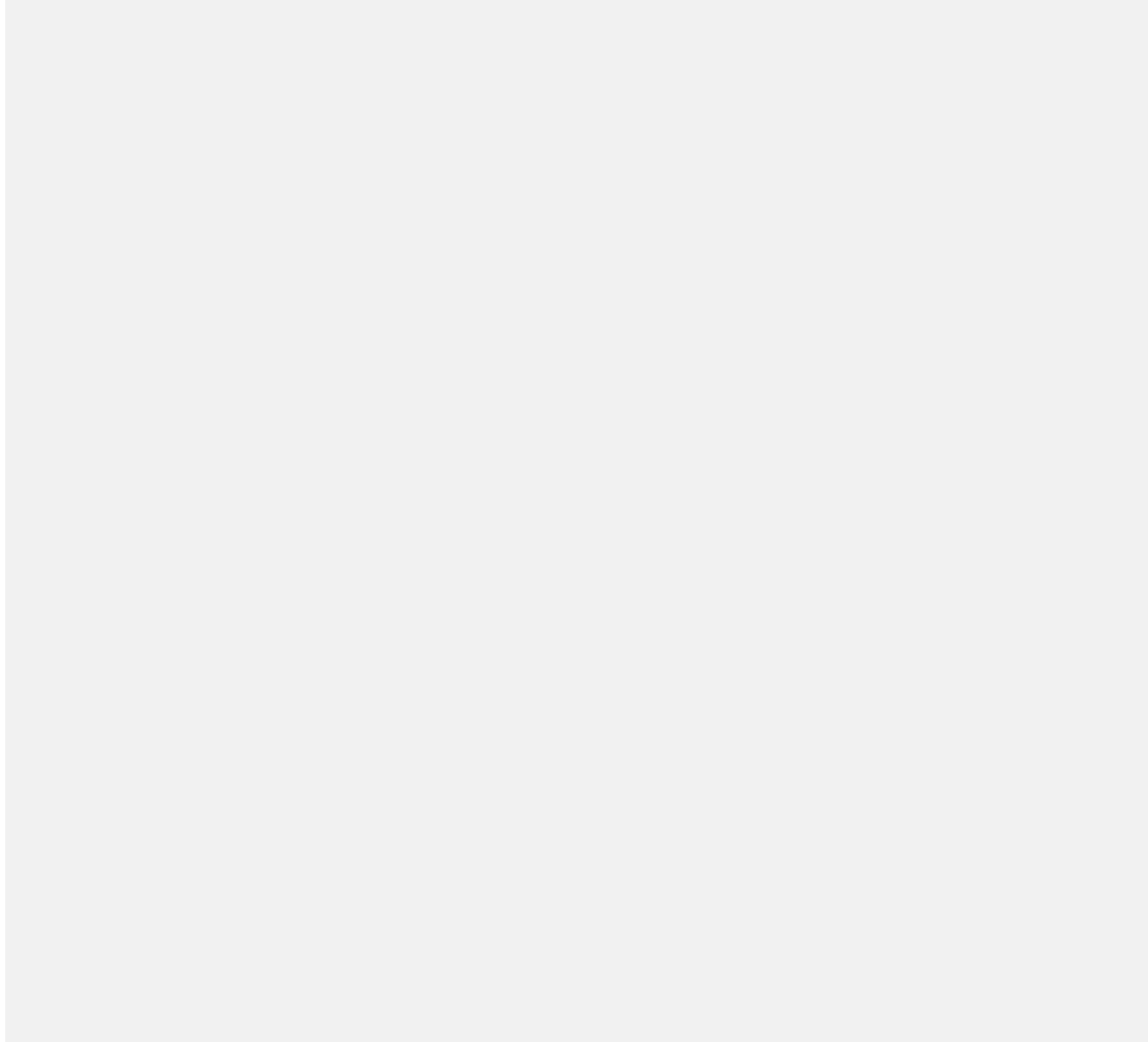
Accumulating positives means we intentionally seek out experiences and situations that generate positive emotions within us and we engage in them as often as we can, so we can tip the scale.



FOCUS ON finding things that create positive emotions inside of us like:

- upbeat positive music
- something delicious to eat or
- spending time with a pet or a loved one
- engaging in some heart-pumping endorphin-producing exercise
- watching a funny movie.

What else creates positive emotions for you?



When we can mindfully accumulate positives in our lives - when we can focus on what generates positive emotions within our bodies and then sprinkle those in throughout our day with intention, we can start to shift our internal physiology and feel better.

Bios

AMY OLIVER

MBA, BSCPH, RPH, PMP, CLC

Amy Oliver is an experienced healthcare executive. She is president of Amy Oliver + Co, offering trusted advisory services and professional coaching to practice owners, leaders, academics, and organizations in health and social sectors.

Amy holds an MBA with a dual concentration in Organizational Leadership and Health Administration. She is a pharmacist, a Certified Leadership Coach, and a globally certified Project Management Professional. Amy holds certificates in Emotional Intelligence and Advanced Strategic Management and Leadership.

Amy has won multiple health sector and leadership awards and most recently has been selected as a member of the prestigious 2020 Governor General Canadian Leadership Conference.



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Bios

DR. CARLY CREWE MD, PSYCHOTHERAPIST



Dr. Carly Crewe, MD is a mom to twin toddlers, modern day nomad and MD Psychotherapist specializing in women’s mental health. Dr. Crewe is the Founder and Owner of Eunoia Medical Clinic, an innovative and dynamic virtual microclinic that provides comprehensive treatment of mental health disorders in women. Carly believes that when women are well, they have the power to heal and change the world. Her mission is to revolutionize women’s mental health care, from fragmented and haphazard to a holistic, comprehensive and integrated approach that meets every woman where she is and addresses the multidimensional reality of mental health.

Dr. Crewe combines her knowledge of eclectic psychotherapeutic modalities (including CBT, DBT, holding and coaching techniques) with experience in both integrative modalities, nutritional psychiatry and psychotherapeutics (medications for mental illness) to provide a unique and comprehensive approach to the treatment of mental illness in women. Unlike traditional psychotherapists, Dr. Crewe is a trained physician which expands her therapeutic toolbox to the use of medication and nutritional supplementation to support the healing process in her patient

Carly is an Amazon best-selling author and her viral poem “The Sled” has been shared over one hundred thousand times on social media. Her book, *You Are Not Your Anxiety* launched on Amazon in July, 2021.