

10 tips for self-managing wellbeing in the pharmacy

Learning what to do if you feel stressed at work is important for your health and wellbeing. A happy pharmacy team will be a safer and more effective pharmacy team, so reducing stress will also improve the quality of care that you are able to provide for your patients every day. These 10 tips are designed to give you some ideas about what to do if you or a team member is feeling under pressure. Further wellbeing information and support is available on the Pharmacist Support website: <https://pharmacistsupport.org/> - the independent charity for pharmacists and pharmacy students.

Talk to each other

Talking to colleagues about reasons for your stress may reveal that they are having similar difficulties. This gives you the opportunity to share ideas about how to manage stress.



Talk to your Line Manager

If you are finding your work stressful, talking to your Line Manager is a good first step. Have a discussion and explain your concerns about what you are finding difficult. It is often useful to make a written note of your conversation too.

Take a break

No one does their best work when they're tired or hungry so always take a break and encourage team members to take theirs too.



Use your holiday

Having time off from work is essential for your wellbeing, so make sure you use your annual leave to achieve a healthy work-life balance.

Think about working hours

Don't regularly work extra hours that no one knows about. This may hide problems occurring in your pharmacy and won't help solve any underlying issues. While staying in contact with colleagues outside work can be convenient, it is important to respect other peoples time away from work.



Work together

Team work is essential for a happy and productive pharmacy. Regular huddles throughout the day can help make sure that everyone is on track and is a helpful way for colleagues to voice any concerns they may have.

One job at a time

Dispensaries can be noisy, busy environments with many distractions. That's why its important to stay focused on the task in hand. Ensure your team know when it is or is not OK to disturb you.



Try not to take things personally

If people make complaints or raise issues it can often be stressful and sometimes distressing. Make sure you support your colleagues and don't take things personally.

Be honest

It is important to be honest to yourself and others around you about your feelings and if you are struggling with stress at work. Letting your Line Manager and other colleagues know that you are dealing with difficult situations enables them to support you.



You're doing great

In a pharmacy that is experiencing challenges, it is easy to feel deflated but remember that this is not a reflection on your own performance.

Keep going, you are doing a great job!

