

## Managing the mental health of pharmacists and the pharmacy team during the COVID-19 pandemic

Being at the frontline, as pharmacists and pharmacy team members, you spend your working life serving the public. During this challenging period with the COVID-19 pandemic, we want to emphasise the importance to you, as valued healthcare individuals, in safeguarding your OWN mental health and wellbeing. It is difficult to put yourself first when patient-centred care is your main priority; however, looking after yourself is absolutely key.

We encourage that all members of the pharmacy team consider the following ways to effectively manage their mental health and wellbeing:

### 1. Take care of yourself first

- Unwind in the evening and ensure you get sufficient sleep at night
- Maintain a healthy, balanced diet and ensure you keep hydrated
- Ensure you get some fresh air daily

### 2. Do not put too much pressure on yourself

- Accept things you CAN control and do not worry about those things you CANNOT control
- Accept that not everything will be perfect – especially during this difficult time
- Prioritise the main tasks, leaving less important tasks aside for now
- Be proud of how you are coping with all the added pressures – you can only do what you can

### 3. Take a deep breath

- During periods of high stress, take a break AWAY from the dispensary to unwind
- Breathe in for four seconds, hold for four seconds, breathe out for four seconds and then repeat
- Meditation is key for relaxation - consider doing this at home

### 4. Prioritise your mental health and wellbeing

- Limit the news and social media you access as it can be overwhelming
- Set yourself a time to STOP working and stick to it
- Plan different activities so you can switch off from work
- Motivate yourself to exercise on a regular basis – this could be a short walk during your break

### 5. Optimism is key - stay positive

- Stay away from any negativity
- Consider 'virtual' ways to stay socially in touch with others
- Speak to others about any concerns you may have – you are NOT alone.

Developed with support from the Mental Wealth Academy

For further tips on safeguarding your mental health, refer to the following link:  
<https://pharmacistsupport.org/managing-wellbeing-covid-19/>