**Zen in the Pharmacy: An Education Session to Promote Health and Wellness Among Pharmacists and Pharmacy Technicians**

**Authors:** Ifedolapo Fasina, PharmD1,2; Kathryn DeVizia, PharmD2; Laura A. Rhodes, PharmD, BCACP1,3; Macary Weck Marciniak, PharmD, BCACP, BCPS, FAPhA1

**Practice Site:** UNC Eshelman School of Pharmacy; Walgreens- Chapel Hill, NC

**Background:** Pharmacy team members have reported stress on the job, decreasing their overall health and well-being on the job. This work stress was present before and during the COVID-19 pandemic. Stress and increased workload may lead to pharmacists reducing work hours or changing positions. Studies have shown that burnout can affect pharmacists in all practice settings which could potentially lead to negative patient outcomes. Readily available access to resources that promote employee health and wellness to support pharmacists in their busy practice environments and avoid burnout.

**Objective:** Identify challenges and discuss strategies to promote health and well-being for pharmacists and pharmacy technicians working in outpatient pharmacy settings.

**Methods:** Pharmacists and pharmacy technicians 18 years of age and older working in an outpatient pharmacy in North Carolina will be invited via email to attend “Zen in the Pharmacy: Ten Tips to Achieve Positive Health and Wellbeing”,1 the one-hour live continuing education (CE) webinar provided in partnership with the Office of Continuing Education at the UNC Eshelman School of Pharmacy. Registration information will be emailed to a listerv of pharmacists and pharmacy technicians who have attended at least one prior continuing education program with the school of pharmacy. The investigators will also partner with the UNC Eshelman School of Pharmacy and the state pharmacy association, the North Carolina Association of Pharmacists. Pharmacists and pharmacy technicians who work in inpatient pharmacy roles will be excluded. Program marketing will be distributed via email through listservs of the UNC Eshelman School of Pharmacy and the North Carolina Association of Pharmacists. Participants will complete a pre-survey before the CE webinar begins, then complete a post-survey within 30 days of program completion. Participants can enter a raffle to receive one of twenty-five $20 gift cards. Descriptive statistics will be used for analysis.

**Results:** In the pre-survey, most participants are somewhat satisfied with their current pharmacy position (60%) and about 70% said they cope well with stress. 54% of participants said they are satisfied with their nutrition. 60% said they feel comfortable creating a SMART Goal. On average, participants get about 8 hours of sleep each night, and are satisfied with their spirituality and mindfulness. Areas of most concern were motivation, morning routine, and SMART Goals. In the post-survey, 89% of participants felt more comfortable creating a SMART Goal. Also, more people realized they should spend time on mental health and reflection.

**Conclusion:** Educating pharmacists on positive health and well-being increases ability to create SMART Goals and increased awareness on the importance of mental health and reflection on one’s experiences.