

A PRESCRIPTION FOR PROFESSIONAL
WELLNESS

PODCAST
Workbook

Your Brain In A Pandemic:
Why are we so tired and
what can we do about it?

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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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'.

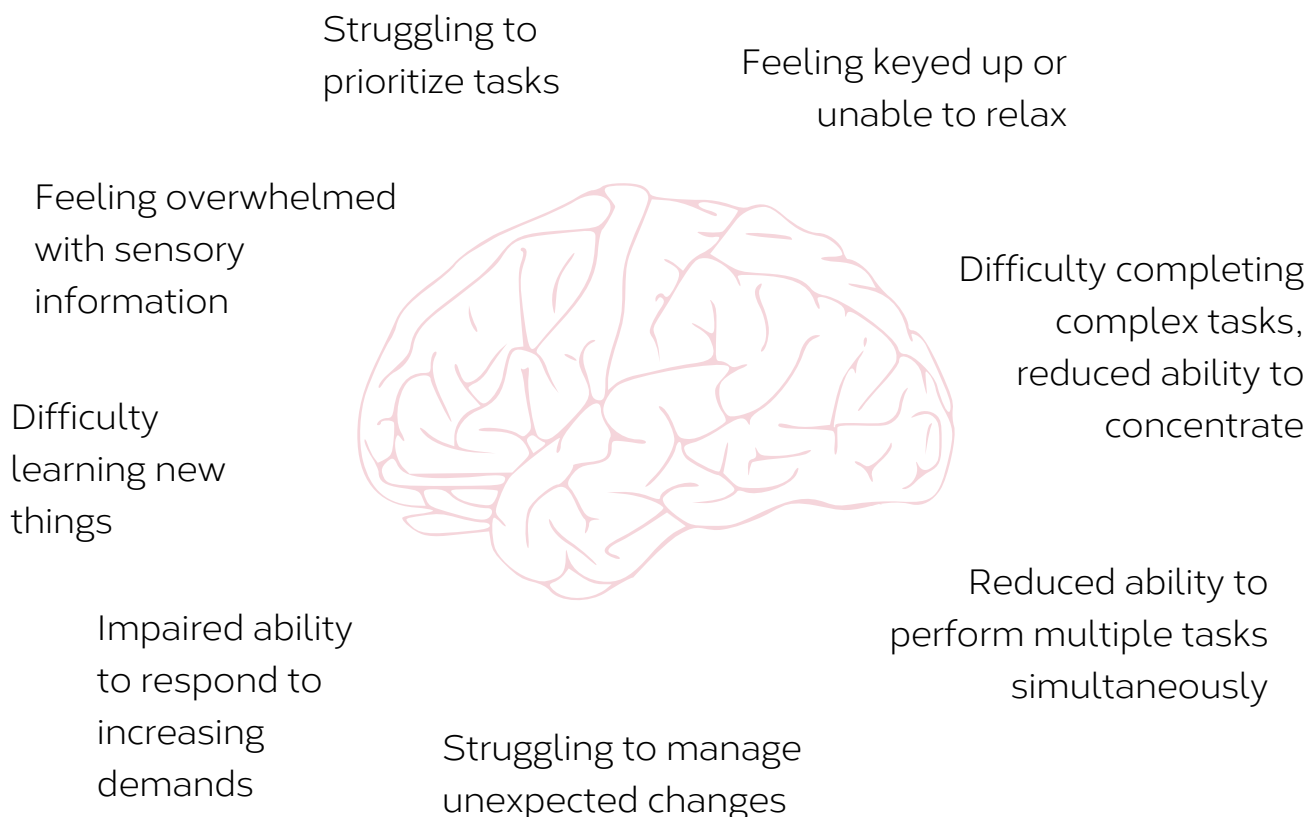
OPA recognizes the need to support the wellness and engagement of the pharmacy community. Pharmacy professionals spend day in and day out being active members of our patient's care teams and giving so much in order to promote the health and wellbeing of others. Now, more than ever, we need to focus on 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.

UNDERSTANDING HOW OUR BRAIN WORKS

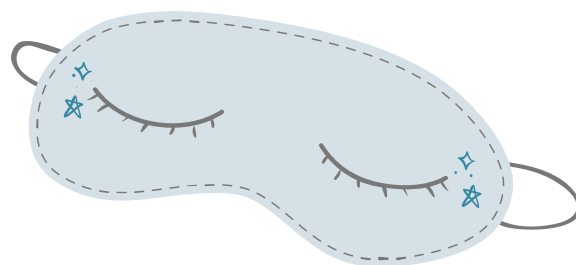
What does it feel like when we are living in a chronic state of heightened amygdala arousal?



Strategies!

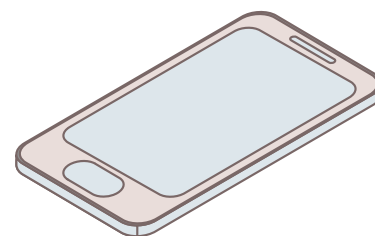
WHAT CAN WE DO ABOUT BEING SO TIRED?

- Set boundaries and limit the incoming stressful stimuli.
- Avoid stimuli first thing in the morning and before you go to bed.



- Prioritizing exercise and sleep to give the limbic system the impression that we're acting on the threat.
- Be honest with yourself about your sleep habits and truly prioritize sleep.

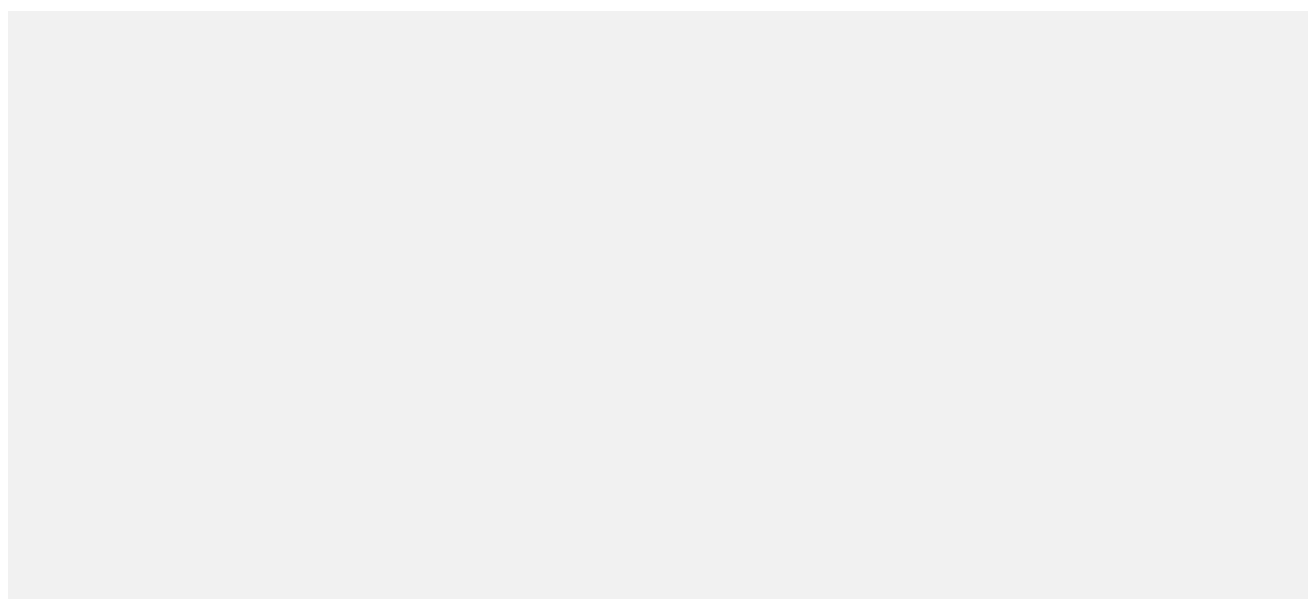
- Pick a rock solid wake time and bedtime. Be consistent, even on weekends.
- Limit intake of stimulating substances at least 3-4 hours prior to bed.
- Have self-compassion and don't shame yourself for feeling badly.



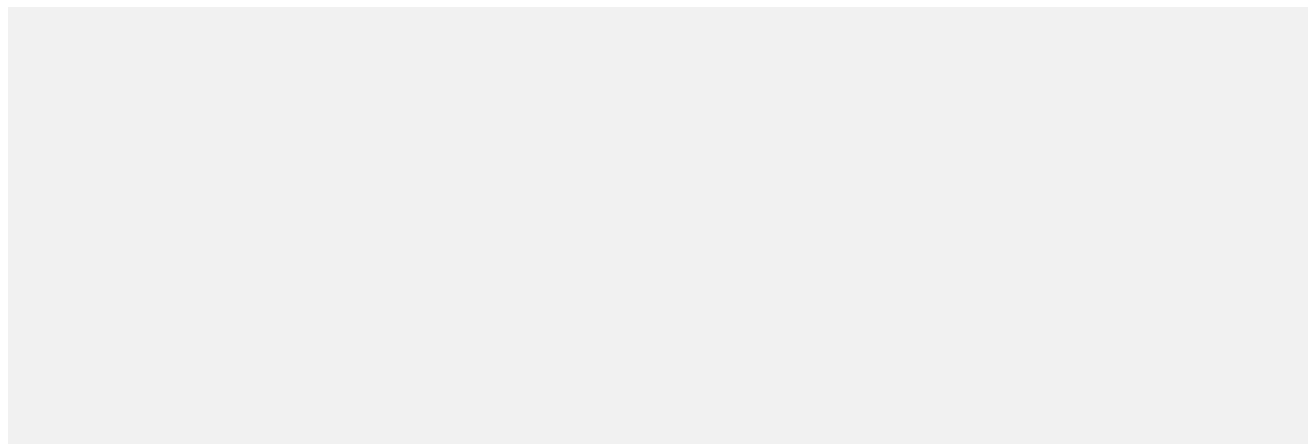
Personal Reflection:

NORMALIZING YOUR EXPERIENCES. FIRST - WHAT HAVE YOU BEEN FEELING WHILE LIVING IN A CHRONIC STATE OF HEIGHTENED AMYGDALA AROUSAL?

What examples do you have of having had difficulty completing complex tasks?



Describe some of the examples where you are feeling like you have a reduced ability to perform multiple tasks.

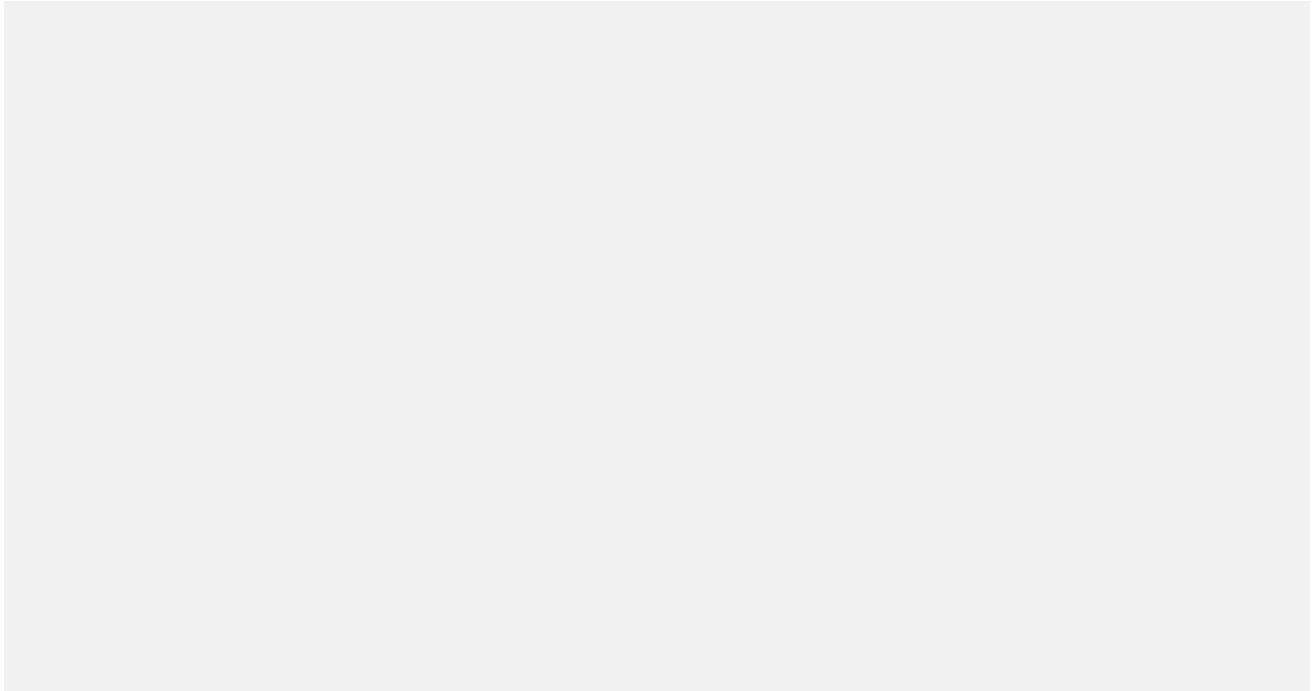


How well do you feel you have managed unexpected changes?

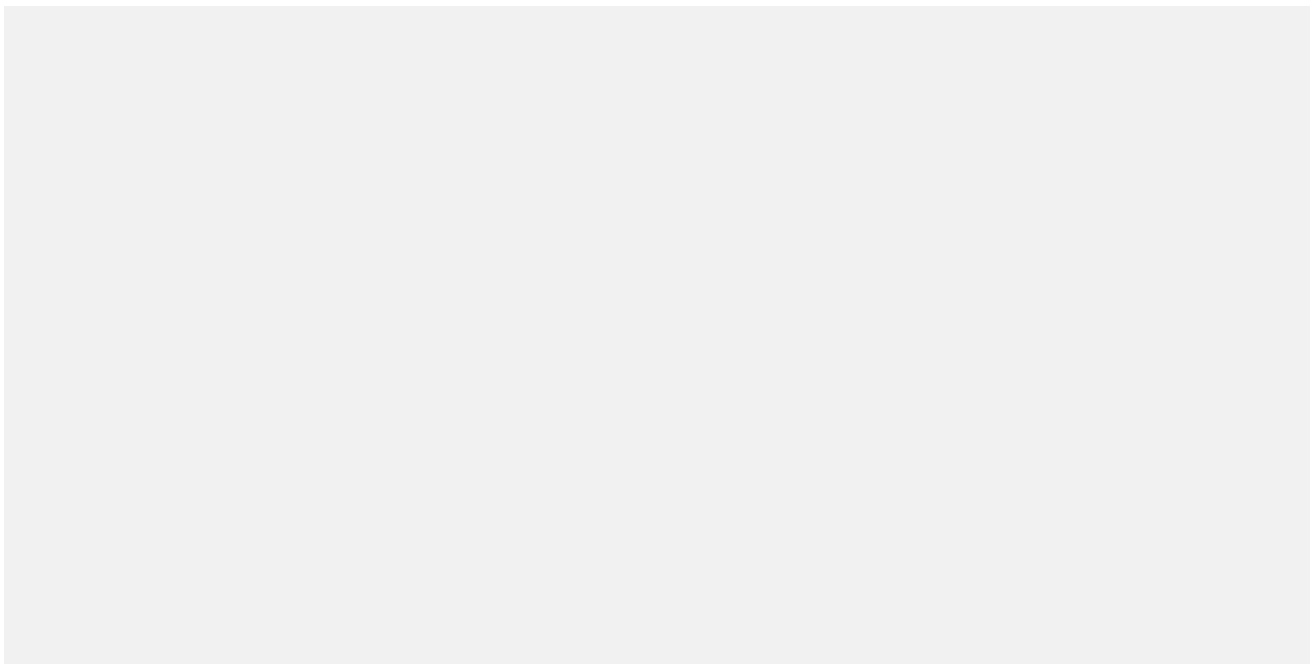
How do you feel about learning new things right now?

How well do you feel you are responding to increased demands that are placed on you?

Describe how you feel you are responding to sensory information?



What impact has the pandemic had on your ability to prioritize tasks?



PLAN YOUR STRATEGIES TO MOVE FORWARD.

What could healthy boundaries around stressful stimuli look like for you?

How reasonable is it for you to limit stressful stimuli first thing in the morning and before you go to bed? What could you do at these times instead?

What is one small, realistic way to increase your physical movement throughout the day?

How do you feel about the quality of your sleep habits? If you could make one adjustment, what could it be?

Based on these reflections what is one specific thing you can commit to now to care for yourself and continue moving forward?

When and how will you do this?

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.