

A PRESCRIPTION FOR PROFESSIONAL
WELLNESS

PODCAST
Workbook

Perfectionism
and its Impact on
Your Mental Health

By Amy Oliver and Dr. Carly Crewe

Sponsored by The Ontario Pharmacists Association



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PHARMACISTS
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Advocating Excellence
in Practice and Care

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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.

PERFECTIONISM IS:

“

“A person whose standards are high beyond reach or reason, who strains compulsively and unremittingly towards impossible goals and who measures their own worth entirely in terms of productivity and accomplishment.”
(Burns, 1980)

“The overdependence of self-evaluation on the determined pursuit (and achievement) of self-imposed, personally demanding standards of performance in at least one salient domain, despite the occurrence of adverse consequences.”
(Shafran, et al, 2002)

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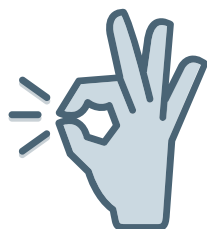
The truth is that a perfectionist usually has exceedingly high standards in many domains of our lives.

Worthiness overly dependent on striving
and achievement leads to ...



Sense of self-worth when accomplishing
something/completing tasks leads to ...

Exceedingly high standards and goals that
are unrealistic or unreasonable leads to ...



Performance-related behaviours that are designed to
help them meet those exceedingly high standards.

EXAMPLES OF PERFORMANCE-RELATED PERFECTIONIST BEHAVIOURS:

- list-making
- over-scheduling
- checking and re-checking work
- over-working

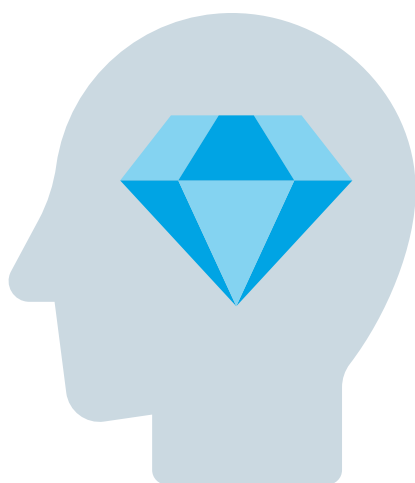


UNLEARNING PERFECTIONISM:

We need to go against the thoughts, behaviours and habits that perfectionism causes us to engage in. And most often, we have to do it mindfully, systematically and with the support of a therapist if possible.



Unlearning perfectionism will take time as many of us have been living with it as our dominant programming for most of our lives.



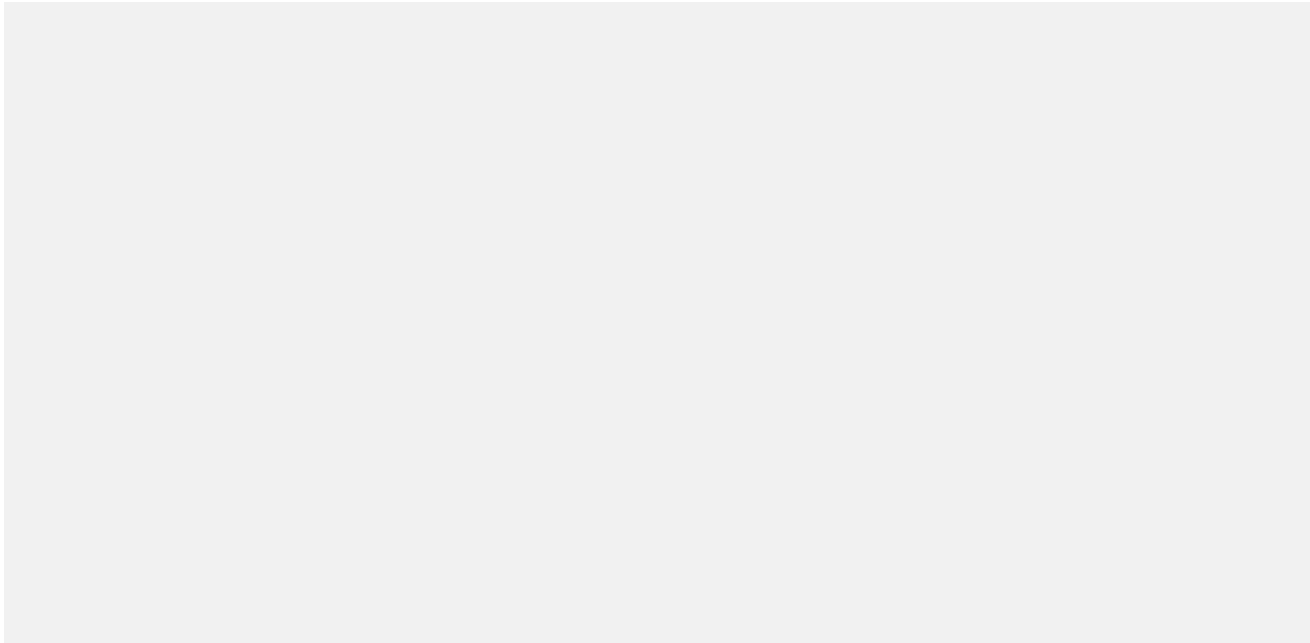
Personal Reflection:

IDENTIFY WHERE YOUR PERFECTIONISM IS PLAYING A ROLE IN YOUR LIFE.

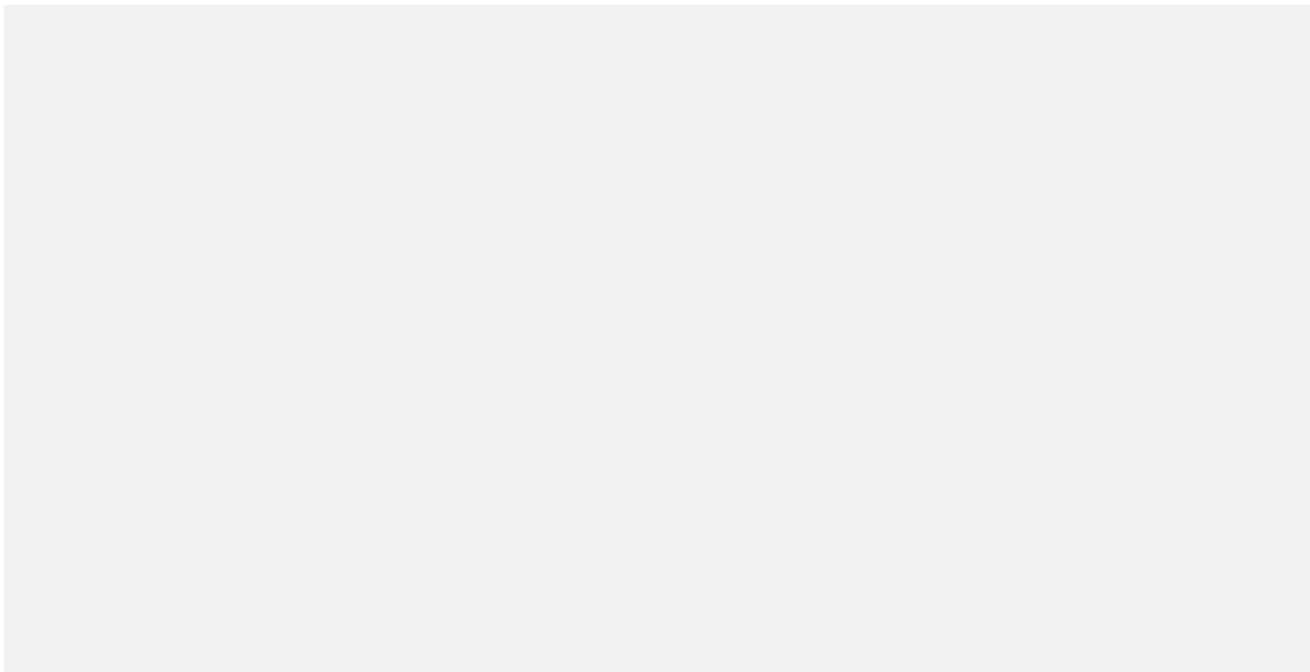
Do you set unrealistically high expectations for yourself?

How much of the expectations I have on me are external expectations?

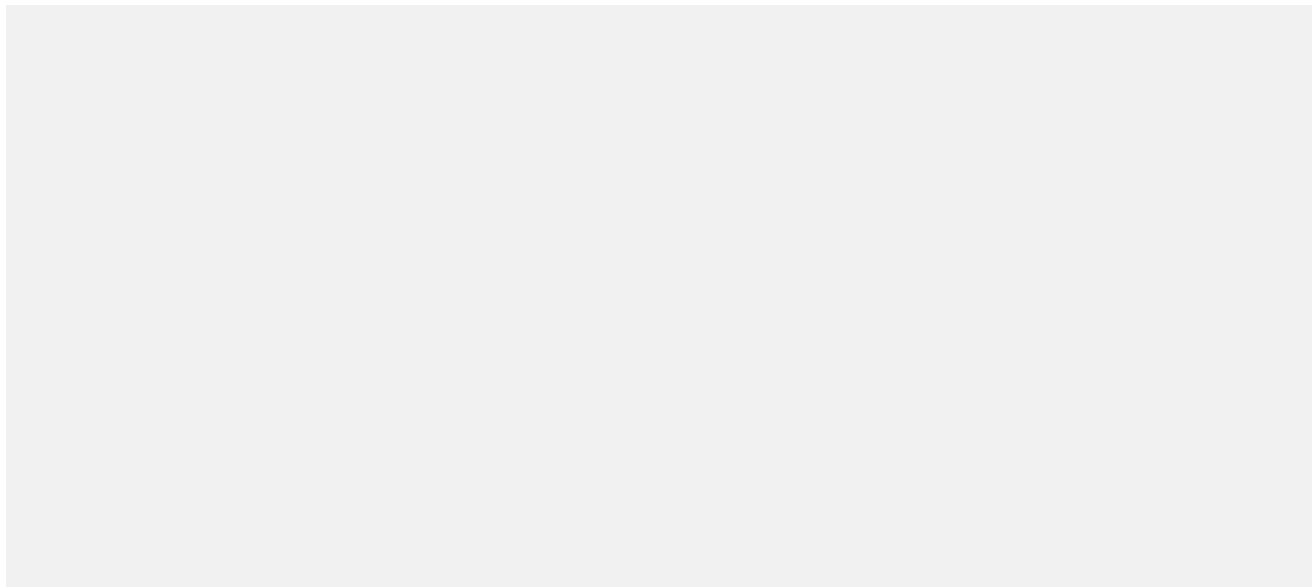
How much of the expectations are internal expectations?



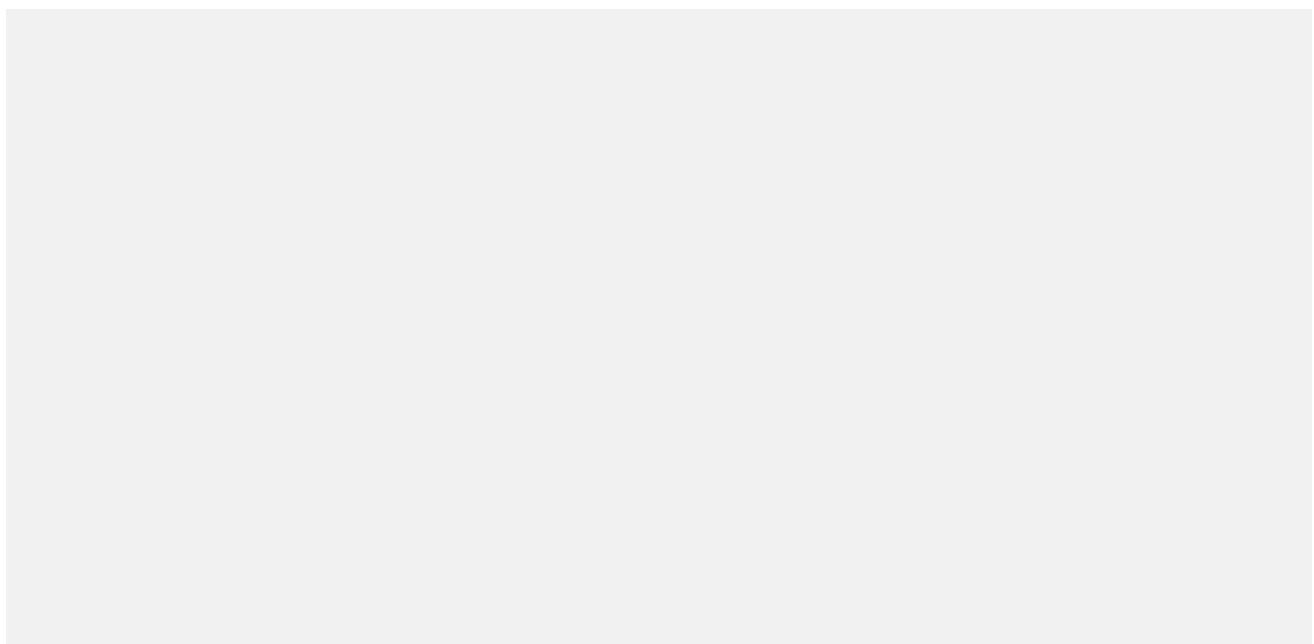
Of the expectations that you put on yourself, consider whether they are unrealistic or excessively high. Reflect here:



If you have someone you trust that you can ask, what do they think about the last question? (remember, reflecting with someone else you trust can be helpful here, because as perfectionists, our frame of reference for what is unrealistic is inherently flawed).



What is one harmful perfectionist habit where you can start to practice being imperfect?



What will you try to do differently going forward? Be specific.

How will you hold yourself accountable to this plan?

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.