

# Week of Wellness

A student-driven project focusing on the wellbeing and resiliency of all students, faculty, and staff at the UNC Eshelman School of Pharmacy



## **Objective:**

The objective of Week of Wellness was to promote wellness in students, faculty, and staff by encouraging students to self-reflect on their own academic and personal lifestyles in order to remain actively engaged throughout the entire duration of the academic semester. The UNC chapter of SSHP played an integral part in the planning and execution of this week by organizing two key events that promoted wellbeing and resiliency and were open to the entire student body.

## **Plan:**

Week of Wellness was an initiative started by the UNC Eshelman School of Pharmacy Student Senate in order to tackle the issue of burnout, and promote resiliency and wellness in students, faculty, and staff. It was a week-long initiative held during the Spring semester in February and consisted of 3 major components. First, course directors were asked to hold no major exams or high stakes deliverables for eligible classes. Second, leaders of student organizations were asked to refrain from holding organization meetings or events. Third, student organizations collaborated together to develop programming throughout the week that would promote well-being and resilience and would be open to the entire student body.

The UNC SSHP chapter organized, planned, and co-hosted 2 key events during Week of Wellness, the Welcome Address and Keynote Session with Dr. Paul Bush, PharmD, MBA, FASHP, BCPS and Trivia Night and Fundraiser at a local restaurant. The Welcome Address and Keynote Session was held on the Monday of Week of Wellness to kick-off the week with a talk about wellness and burnout in the pharmacy profession. Dr. Bush provided a remarkable introduction to the week by helping pharmacy students understand the importance of resiliency and wellness in both our personal lives and our pharmacy careers. Our second co-hosted event was a social event held at a local restaurant. We chose to do this event at the restaurant's weekly trivia night, and they were kind enough to allow us to tailor the trivia questions that night around mental health. This event allowed us to hang out with our classmates, enjoy food and drinks while benefitting a good cause, and learn more about the importance of mental health. The restaurant was also gracious enough to allow a portion of the proceeds from that night to be donated to the KE Beta Mu Well-Being Endowment/Mikey Nam Award, a scholarship fund set up in the memory of a late UNC Eshelman School of Pharmacy student.

## **Outcome:**

During the inaugural Week of Wellness, a total of 14 of 15 student organizations collaborated and hosted 24 events dedicated to wellness for students, faculty, and staff. The UNC SSHP chapter was able to play a substantial role in this initiative by hosting two key events throughout the week. The creation and implementation of a student-driven Week of Wellness initiative was a multi-step process that required longitudinal planning and support from many members of the UNC Eshelman School of Pharmacy community, including multiple student leaders, academic deans, student organizations, and faculty and staff. The SSHP chapter of UNC looks forward to continuing to be a key part of the collaborative efforts in planning Week of Wellness in future years to come.