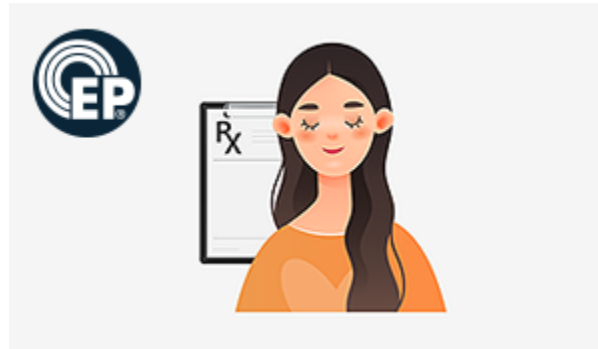




Replenish Rx: A Resilience Program to Help Healthcare Professionals Thrive is an evidence-based, CCCEP-accredited resilience and stress management program designed specifically for healthcare professionals, including pharmacists. Through eight self-paced online modules, learners build practical skills to manage professional stress, reduce burnout risk, and support long-term well-being. The program is designed to be completed over eight weeks, allowing participants to gradually integrate new strategies into their daily practice, but can be completed at your own pace.

The program addresses the key challenges pharmacists face, including cognitive overload, emotional strain, and the cumulative effects of chronic stress on focus, decision-making, and recovery. Participants learn practical techniques to manage attention and mental fatigue, recognize and regulate stress responses, shift unhelpful thinking patterns, focus on what they can control, practice self-compassion, and reconnect with purpose in their work.

Designed for busy clinicians, Replenish Rx includes lifetime access* to the eight pre-recorded modules and six months of monthly Q&A office hours** and a private podcast*** to support implementation.

Learning Objectives

Introduction

1. Define resilience and understand its role in helping healthcare professionals adapt to adversity.
2. Explore the unique need for resilience within the context of modern healthcare.
3. Gain an overview of the positive psychology approach and how it supports flourishing rather than just functioning.

Module 1: Mastering Attention

1. Describe how attention influences emotional regulation and professional performance.
2. Identify the impact of negativity bias on perception, stress response, and work satisfaction.
3. Apply anchoring techniques to manage overwhelm and shift out of reactive states.
4. Implement strategies to intentionally cultivate a positive focus in order to build resilience and support well-being.

Module 2: The Power of Thoughts

1. Explain how cognitive appraisals influence emotional responses in high-stress or uncertain professional scenarios.
2. Identify unhelpful thought patterns and how they contribute to stress, overwhelm, and burnout.
3. Practice observation-based techniques to create distance from unhelpful thoughts.
4. Apply cognitive reframing techniques such as challenge appraisal, realistic optimism, and benefit finding to promote resilience and adaptability.



Module 3: Focus On What You Can Control

1. Differentiate between helpful and unhelpful coping strategies in response to workplace stressors.
2. Assess current coping patterns and evaluate their impact on personal resilience and performance.
3. Apply the Circle of Control model to identify actionable versus non-actionable elements in a stressful situation.
4. Practice situational discernment to determine when to take action and when to practice acceptance or surrender.

Module 4: Reconnect To Your Body's Wisdom

1. Understand the connection between body awareness and mental resilience.
2. Recognize common barriers that prevent healthcare professionals from tuning into their bodies.
3. Identify your personal physical cues and stress signals.
4. Practice simple tools to tune into and support your body, including body scans, movement breaks, hydration, and nourishment.

Module 5: Nurture Your Nervous System

1. Understand the functions of the sympathetic and parasympathetic nervous systems and how they relate to stress and resilience.
2. Recognize the emotional, mental, and physical signs of a dysregulated nervous system.
3. Explore how body awareness enables early detection of stress responses and supports proactive regulation.
4. Practice nervous system regulation tools, including breathwork, grounding techniques, gentle movement, and soothing self-touch.

Module 6: Embracing Self-Compassion

1. Understand the role of the inner critic and how it impacts performance, confidence, and emotional well-being.
2. Recognize how self-criticism and perfectionism manifest in healthcare settings and contribute to chronic stress and burnout.
3. Learn the three core components of self-compassion—self-kindness, common humanity, and mindfulness—and their relevance in clinical practice.
4. Explore and apply practical tools to develop self-compassion.

Module 7: Fill Up Your Cup and Reconnect to Your Joy

1. Understand the role of personal values in increasing motivation during stressful times.
2. Identify the values that matter most to you and explore how they contribute to your sense of meaning and fulfillment.
3. Learn strategies to act in line with your values to help maintain resilience and support regular restoration.

About Julie Doan

Julie Doan is a pharmacist and certified life coach who specializes in resilience and stress management for healthcare professionals. She is the creator of Replenish Rx, an evidence-based, CCCEP-accredited program designed to support sustainable professional practice. She is also the host of The Replenished in Healthcare podcast, a personal development podcast for healthcare providers. Her work bridges clinical realities with practical tools that help clinicians maintain focus, well-being, and long-term engagement in their profession.

**Offered by Julie Doan, not CPhA. Additional complimentary registration with Julie Doan required.*

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