

HOW TO DRIVE WORK-LIFE BALANCE IN HEALTHCARE: A Checklist for Leaders



Focus on health and safety for all workers

- » Make well-being part of your leadership model.
- » Regularly assess and respond to signs of burnout.
- » Encourage your staff to take advantage of breaks and leave time.
- » Establish a workplace violence prevention program.
- » Increase access to mental health and substance use care.



Prioritize connections with patients, colleagues and the community

- » Invest in peer support programs to discuss current challenges.
- » Reduce administrative burdens.
- » Optimize technology to increase time with patients.
- » Increase work schedule flexibility and autonomy.
- » Promote diversity, equity, inclusion and accessibility.

For more tips on how to maximize productivity and reduce burnout in the world of pharmacy, check out our [blog article, How to address pharmacy technician burnout.](#)

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