

to continue my membership with CPFI and I hope that my story will encourage other students to do the same after they graduate.

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in Salisbury, NC. Her current interest areas include Diabetes, Hypertension, and Smoking Cessation. Dr. Palacio is currently completing a PGY2 Residency in Ambulatory Care with

Campbell University with clinical sites at Benson Area Medical Center and Duke Family Medicine Center. Sarah serves as a clinical instructor at Campbell University College of Pharmacy and Health Sciences in addition to her clinical role. Upon completing her PGY2 residency she plans to pursue a career in clinical practice and potentially serve as a practice faculty member.

Relying on My 3 F's by Julie Kidd

Throughout my career in pharmacy, I've had the honor and privilege to practice in many unique and creative ways. I'm forever grateful for the opportunity to have received my education, to serve God, and to give back to my community, wherever that may be. In looking back over my journey thus far, I have processed some of my life's lessons and teachable moments. I want to share a few bits of advice or encouragement that I have told myself over the years. A lot of these lessons I've had to learn over and over again, starting with childhood and I still struggle with today. I have to remind myself of the reason why I was created. Yes, as pharmacists we have a responsibility to use the gifts and talents God has given us to care for our patients; but my purpose in life is to simply rest in the fact that I am the Lord's daughter and He is equipping me for His work. I can rest in this identity alone. No other identity will sustain me or give me peace. I often struggle with the amount of responsibility I have been given as a pharmacist, a mother, a wife, friend, daughter, and the list goes on and on. I often feel as though I can't measure up to everyone's expectations. But I don't have to. While it is a privilege and blessing to have these responsibilities, I can rest assured that my only identity is in my Creator. He adores me and is making me more like Him as I walk through this life and take on these responsibilities. "But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." (1 Peter 2:9 NIV). He's showing me how to walk in grace for the many times I fail and try to do things on my own power. I am so grateful for His everlasting love and guidance, and I find comfort in the truth that the only thing that truly matters is my identity in Him.

I want to give you a bit of perspective on my life's journey, both professionally and personally, and how these situations have molded me into the person I am today. I was born into a loving family that worked hard to give me and my sister as much as possible. From a young age, I became an athlete and really found my sport in softball. I joined a club travel team by the age of nine and all summer we traveled across the country, competing in tournaments with my softball family. Being a member of a team sport on this level taught me so many life lessons about commitment and hard work and working together as a unit to achieve a common goal.

When I was a young girl, my grandmother was diagnosed with cancer. She fought for almost a decade for her life but eventually the cancer metastasized to many parts of her body and the cancer won the battle. I was angry and extremely upset that she was taken from us at such an early age and made it my life's goal to find a cure for this disgusting disease. My sister was the first one in our family to graduate college, so education was really encouraged by my father. As my time to apply for colleges approached and I had to think about my life endeavors, I knew I wanted to pursue a career in medicine so that I can help people like

my grandmother. The Lord guided my steps to college and pharmacy school. Since then, there have been many unexpected turns in my career which have provided me the honor and privilege of meeting so many wonderful people. Along this journey, I have discovered specific issues that I have struggled with and areas where I needed to ask the Lord to take control of my strongholds; but in the end, it has made me grow into the person I am today. There are areas that I would like to encourage all of you, no matter where you may be in your life journey. Perhaps you are just starting pharmacy school and feel like you will never graduate... or you're in the middle of a very strenuous residency year... or you're at the peak of your pharmacy career... or you are retired... I pray that my life lessons will encourage you and help turn your eyes more towards Jesus. The three life lessons I would like to share are: 1. Focus on YOU! 2. Don't believe in lies, and 3. Don't forget "Why" and "Who" you are.

Focus on YOU!

It's a fact that as a pharmacist, you will be busy. You have an upmost responsibility to take the best care of your patients in whatever arena you work. Not only does that mean you are to work hard in the workplace, but you need to work by staying up-to-date with the latest treatment strategies and counseling techniques. In order to sustain these responsibilities and present your best at all times, you must take care of YOU! No one else is going to do this for you. Only you can carve out time to take care of yourself. If you are not healthy, how can you take care of others? What does focusing on YOU look like? It's important to figure out what makes you, you. What makes you tick? Don't just be busy to be busy. Be intentional. Henry David Thoreau said, "It's not enough to be busy; so are the ants. The question is, what are we busy about?" For me, that is spending time with my family and most importantly, spending time with Jesus. I confess that on a busy and stressful day, Jesus is the first to go. I cut Him out of my routine and guess what...I feel terrible! But why must I re-learn this lesson every time I go through a stressful and hard season? In order to be grounded, I MUST keep my time with Jesus as the number one priority in my schedule. I have to keep my roots in the Lord. Other things that make me tick are exercising and being outside in nature. What are the things you need to stay healthy? Do you, like me, cut those things out every time the stress level starts to rise or its finals week or you start a new transition or a new job? What I am learning is simple: I cannot live without quality time with God. And I have to make the time, by intentionally scheduling that time, to take care of myself. This takes sacrifice on my part. In order to minimize distractions during my quiet time with the Lord, I wake up early in the morning before my wild and adorable boys wake up. I take a lunch break and go on a quick run. I schedule time to meet with my friends so I don't allow our fellowship fall to the side. It takes a deliberate effort, but I am spiritually, mentally, and physically healthy when I do this... and quite the opposite when I don't. I've learned to put up borders in order to protect myself and my



time. I struggle with saying ‘no’, but sometimes it’s necessary in order to allow myself more time and space to focus on me.

A few practical tips that I’ve learned along the way are to create work-life integration. It’s important to combine work and personal life in such a way that it feels comfortable. Different seasons will present different ways to integrate these two. Your work-life balance may not always be perfectly aligned and that’s okay. In some seasons, you are needed more at home, so be present there. Other times, work demands will be challenging. But try to position yourself in a way that feels comfortable so that you’re not always tipping the scale to one side or the other.

As I mentioned above: don’t say no to new opportunities...except sometimes. Pharmacy is an ever-changing field and is constantly providing new opportunities for growth and development. This is so very exciting! And while I’m a huge advocate of taking on new challenges, we must always first pray and seek the guidance and direction of the Holy Spirit. For reasons only known by Him, the Lord may sometimes want you to say ‘no’ to those exciting opportunities. If He wants you to say “no”, then He’s giving you room to be available for a “yes” somewhere else! Also, saying “no” may give another person the opportunity that they need at that point in their life or career.

Next, remember to work hard and to play harder. Healthcare is a difficult field and if we are not careful, it can drain the life out of us. We need to step away and play. The Creator has given us such a wonderful, beautiful playground to explore and navigate, so go explore it and have fun doing it! Also, remember to rest. We all may be guilty of being a workaholic (or as I’ve referred to myself recently, a recovering workaholic), but God created the Sabbath for a very specific reason. We all need downtime. We all need to rest physically and to allow our minds and thoughts to rest on Him. I often feel guilty for allowing myself to actually stop and rest while looking at my ever-growing ‘to-do-list’; but when I give myself the time and space to rest, I am rejuvenated and blessed from that practice. Do you have a scheduled time to rest? As pharmacists, we often work on Sundays so maybe the traditional Sabbath is not an option. Could the Tuesdays that you’re off be your Sabbath? Do you have a long commute that perhaps you could turn off the radio and podcasts and just listen for God’s voice? Figure out a way to create time and space for rest with Your Creator. He designed your body, mind and spirit for this special practice of resting. “And he said unto them, The Sabbath was made for man, and not man for the Sabbath...” Mark 2:27 (KJV)

Just throwing it out there, but I wonder if there are any Type A personalities reading this? A lot of us may be guilty of that too, right? In so many areas of our life, this is a wonderful trait. We can get things done because we’re efficient and organized. But do you ever struggle with being a perfectionist? And do you struggle with the guilt that comes from not giving 110% in all things? I’m the first to admit that I struggle with this a lot! And the guilt that I carry for not being perfect is heavy. I also struggle with my worth being defined by my perfectionism. What if I fail or mess up and then everyone will know that I’m really not perfect? How silly! I’m a human who was created in a fallen world. It’s only by the grace of God that I can accept my failures and guilt, lay them at Jesus’ feet and keep pressing on. Over the past few years, I’ve worked hard to let this go. I’ve created the motto ‘#itsgoodenough.’ With all my responsibilities that I have been blessed with, I could not continue to spend the same amount of time in each area; this was not sustainable in order to stay healthy and rooted in God. And if we’re honest with ourselves, the extra 20 hours we spent cramming for a test or preparing for a lecture usually did not produce outcomes that were directly proportional to the preparation time. When I started giving myself freedom to not be perfect, it was so incredibly freeing. Our patients, our students, our professors, our bosses, our families, and our Savior just want us to be us... not perfect robots. There’s so much value in being vulnerable and honest when we make a mistake and admit our limitations. I have seen this over and over again since adopting my hashtag of ‘#itsgoodenough.’ I don’t have all the answers for pharmacy, parenting, being a wife or being a daughter of the King... but that’s perfectly okay and it gives me more yearning to lean on Jesus.

To summarize the ‘Focus on YOU’ section: the way I stay healthy and stable is by focusing on my relationships with the three ‘F’s’. Relationships with my Faith, my Family, and my Friends. If I’m committed to these relationships and in that order, they keep me accountable and help me deal with whatever life is presenting. I pray that you can find YOUR own unique ways to ‘Focus on YOU!’

Don’t believe in lies

My second area of historical pitfalls is believing in lies – specifically, the fear of failing. I am so good at telling myself that I am not good enough or smart enough or qualified enough for the situation in front of me. From a young age playing softball, I remember being scheduled to play the best team in the tournament. I sat in my dad’s lap and cried, saying I didn’t practice enough to play against them. When I applied to pharmacy school, I told myself there was no way I would get in because I wasn’t smart enough. On many job interviews, I walked in telling myself I am not qualified or don’t have enough experience. As Winston Churchill stated, “A lie gets halfway around the world before the truth has a chance to put its pants on.” But those lies that I believed are from the enemy. God does not want us to live in fear of failing. “For God has not given us the spirit of fear, but of power and of love and of a sound mind” (2 Tim 1:7, NKJV). He has given us the Holy Spirit to guide and direct our paths. If we are seeking Him, there’s no game or exam or job interview that was not part of His plan. We need to walk in courageous faith that “He who has begun a good work in <us> will complete it, until the day of Jesus Christ” (Phil 1:6, NKJV).

I often feel as though perhaps I’ve had more failures than successes. I lost many games on the softball field. I failed my fair share of tests in school. I was asked question after question on rounds by my clinical team that I didn’t know the answer. I didn’t get the promotion I had hoped for. Although those failures were hard, I did not have to stay in that place of failure. In Christ, we have value and dignity defined by Jesus, not by our failures or achievements of this world. When I am struggling with these

lies, I turn again to the three F's – my Faith, Family, and Friends – to help talk me through these lies and help me see the truth. Our Creator has created us to bring Him glory and to love others. We often forget how powerful we are with the Holy Spirit dwelling in us and advocating on our behalf. God has directed a path for us and He believes in us, as do others around us. We should walk boldly knowing these truths. Matthew 19:26 (NKJV) states, “with God, all things are possible.” And if there is a failure or a dead end, that may in fact be the beginning of a bigger and better opportunity the Lord is preparing. Don't be paralyzed by fear of the unknown. God sometimes calls us into unpleasant or inconvenient places and situations... but He promises to go with us so we have nothing to fear. We will only grow from these opportunities.

Don't Forget “Why” and “Who” You Are

Do you remember why you applied to pharmacy school? Why did you want to be in a career of helping people? I wanted to find a cure for cancer because cancer took my grandmother away. If you could choose your dream job, what would it be? These questions are wonderful and aspiring; but in spite of what the world tells us, we are not defined by what we do or what we accomplish. It's important to remember, day to day, our ‘WHY.’ Why are you in pharmacy school? Why are you choosing (or not choosing) to do a residency? Why did you take the job you did? Have you ever had a passionate leader who cared about their employees and led by example? They were not afraid to get in there and get their own hands dirty. That demonstration of leadership likely made you want to work harder. Have you ever had a leader who was only a leader by title, not by example? Then it's likely that you weren't as excited to follow them. I imagine we've all seen both ends of the spectrum. From personal experience, the leaders whom I admired knew why they were doing a task and communicated that why to their team. Leaders who know their why inspire us and change our behaviors. We are loyal to them and trust that they have our best interest at hand.

Simon Sinek has a wonderful TED Talk (a nonprofit devoted to spreading ideas, usually in the form of short powerful talks) that states, “People don't buy what you do, but why you do it”. He gives the example of the Wright Brothers being the first to fly a plane. During this time, all the attention was on another aviator named Samuel Pierpont Langley to be the first in the air. Langley had the recipe for success: he had ample funding, a Harvard education, strong connections with the right people, and the smartest engineers. The Wright Brothers had no recipe for success. They paid for their dream with the proceeds from a bike shop, and neither of them had a college education. The difference between the two aviators was that the Wright Brothers knew their why and they were driven by it. If they could figure out this flying machine, it would change the course of the world forever. Langley was more interested in becoming rich and famous. So when the going got tough, he didn't stick it out. To view the full TED Talk, go to https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action.

All of us have either been through a crisis, or we're going through a crisis, or we will go through a crisis. So we have to know our why and stick to it during times of trial. For me, my professional why is my grandmother. I wanted to find a cure for her and extend that out to the rest of the world. I did not want one more person to go through what my grandmother did. That's why I started this journey of pharmacy. I have not discovered the cure for cancer, but my desire to help people is what resonates in my heart when I'm in a hard season. My overall life why is first and foremost God; then my husband, family, friends, and then my career. I need to keep it in this order as well. I may not have the cure for cancer, but we all know the cure for sin – forgiveness

through trusting in Jesus – and that should ultimately be our why in life. We are missionaries called to serve in various areas of the world, including where God has put you right now. Hold your why close to you and don't compromise your morals, your integrity, or your beliefs.

I also encourage you to hold your “who” close to you. As previously stated: in spite of what the world says, we are NOT defined by our job title, our salary, or our accomplishments. These things are not evil in and of themselves, but they can be the root of evil. We were created with skills and talents and we should use them to the best of our ability. God wants us to use these gifts to bring Him glory and to heal our patients; and also to earn money for meeting our needs (and the needs of others), and for generously giving back to Him. But if I stop working tomorrow and give away everything I own, I am still loved to the same degree by my Creator. Who are you? You are unconditionally loved and have infinite worth simply because you are God's child through Jesus... that's it! Knowing WHO you are, and WHOSE you are, you can walk through this journey in God-confidence...not self-confidence.

In closing, I hope that you can see what has kept me grounded and brought me this far in life. I have a common theme of relying on my 3F's: my Faith, my Family and my Friends. This keeps me balanced and focused. We chose the profession of pharmacy. With this profession we have great knowledge, but we must use it wisely and humbly. With knowledge comes responsibility, as Jesus said in Luke 12:48 (ESV): “... From everyone to whom much was given, of him much will be required.” Many days throughout my life I have felt scared, overwhelmed and intimidated... and I have wondered what in the world I got myself into. But what I have held close and I urge you to consider is to find your why (and keep it close at all times) and don't forget who you were created to be... focus on YOU (have a support system in place)... and finally, don't believe in lies. Identify your 3F's (we were not made to stand alone) and make sure they're in the right order! Find your faith, family and friends and cherish those relationships deeply.

Julie completed her pre-pharmacy curriculum form Samford University in Birmingham, AL and then attended McWhorter School of Pharmacy at Samford University where she received her Doctorate of Pharmacy degree. After graduation, she completed a pharmacy practice residency at the University of Virginia (UVa) Health Systems. She has practiced as a clinical pharmacist at UVa Health Systems as well as Oregon Health and Sciences University (OHSU) in Portland, Oregon in the areas of surgery, internal medicine, and neurology. She served as the Residency Program Coordinator for the PGY-1 program at OHSU and the Experiential Student Coordinator for Oregon State University (OSU) pharmacy students. While in Portland, she received her Master's in Public Health (MPH) from OHSU. She then moved back to Virginia and was an assistant professor at Edward Via College of Osteopathic Medicine (VCOM). She taught both Pharmacology and Preventive Medicine and Public Health within the medical school curriculum and the post-baccalaureate programs. She spent her clinical time at a Patient Centered Medical Home (PCMH), family medicine residency clinic seeing patients with chronic conditions, such as hypertension, diabetes, and hyperlipidemia and precepting medical students. She most recently accepted a position with Novant Health as a Clinical Pharmacy Specialist within Speciality Medicine. In this new system role, she will be embedded in clinics to support Neurology patients in the ambulatory space, support transitions of care from the acute care setting, and serve as a direct resource for our providers and nursing team members around these medications, develop education for patients and the care team, and support the advancement of clinical pharmacy models. While not at work, she loves spending time with her husband and two sons (ages 5 and 2) as well as yoga, running, and hiking.