

Optional Wellness Workshop

This interactive program (live education only) features didactic and interactive sessions, including performance of evidence-based wellness interventions in real time. The session will be offered on Tuesday (2/28) afternoon from 2-5 PM

2:00-2:55 **Work-Life Integration: Measuring & Understanding Health Care Worker Well-Being**
Bryan Sexton, PhD

3:00-3:55 **Gratitude as Easy Well-Being: New Science on an Old Practice**
Bryan Sexton, PhD

4:00-4:55 **Science of Wow: Cultivating Awe and Wonder as a Well-Being Strategy**
Bryan Sexton, PhD

Objectives- Optional Wellness Workshop

Describe the role of work-life balance in well-being using valid metrics.

Recognize the role of social contagions in work-life balance and well-being.

Recognize the causal role of gratitude in well-being.

Perform a brief gratitude intervention in real time.

List several well-being improvements associated with awe and wonder interventions.

Perform a brief awe intervention in real time.