

## 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 (2/17) afternoon from 3-5 PM

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**

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.