

JOURNAL of WELLNESS



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About This Journal

Welcome to the Journal of Wellness, an **open access, peer-reviewed** journal dedicated to the scholarly pursuit of wellness for all healthcare professionals.

JWellness will publish research and editorials to enhance **resilience, physical strength, nutritional completeness, disease prevention, and mental health.**

The Journal of Wellness is indexed with Google Scholar and is pursuing indexing in the Directory of Open Access Journals, we will apply for indexing in PubMed after 50 publications.

Aims and Scope

JWellness will be a **central repository** solely dedicated to quality research on healthcare professional wellness. Support from the University of Louisville Libraries and UofL Department of Emergency Medicine allows us to offer the journal to all with open access and no fees.

Journal of Wellness will publish manuscripts from standard categories: **Original Research, Reviews, Editorials, and Humanities.** We also challenge you to submit "*Wellness Case Reports.*" Harness the power of narrative by submitting chronicles of professionals who suffered from burnout and successfully made the hero's journey to the other side.

Authors are welcomed from all healthcare disciplines, psychology, sociology, humanities, nutrition and fitness. We will consider any research using sound methodology. The Journal of Wellness welcomes healthcare professionals to submit manuscripts relevant to all domains of wellness.

Let's collect in one place our experiences, triumphs, and failures. We can work together to **enhance our own wellness, ultimately improving the health of our patients.**