# JOURNAL

of

# WELLNESS

www.journalofwellness.com

# Original Research

Optimist Prime- Emergency Medicine Residents are an Optimistic Group Nicole Battaglioli, Sarah Mott, Tim P. Moran, Simiao Li-Sauerwine, and Matt Melamed

# <u>A Brief Evidence-based Intervention to Enhance Workplace Well-being and Flourishing in Health Care Professionals: Feasibility and Pilot Outcomes</u>

Abbie O. Beacham, Alison Brainard, Norah Janosy, and Jennifer Reese

#### <u>A Longitudinal, Randomized and Controlled Study of App-delivered</u> <u>Mindfulness in the Workplace</u>

Jennifer S. Mascaro, Kathryn Wehrmeyer, Veronica Mahathre, and Alana Darcher

#### A Comprehensive Residency Wellness Curriculum

Michael J. Zdradzinski, James O'Shea, Timothy P. Moran, David Caro, Paula G. Gomes, Robin Huskey, Sheryl L. Heron, and Michelle D. Lall

### Review

Wellness Review 2019, Part 2 Brian A. Ferguson and Martin Huecker

## Humanities

<u>Stop Fighting the Coronavirus</u> Pranay Sinha

Don't Worry Alone Aldis H. Petriceks

<u>A Cuticular Romance</u> Anne F. Liu

**Books: The Original and Final Refuge for Mental Wellness** *Kyle Christopher Miller* 

## Editorials

<u>Perspective: Responding to the Well-Being of Health Care Workers and</u> <u>Learners in Academic Medicine During the COVID-19 Pandemic</u>

Cherie C. Hill, Paula G. Gomes, Alayna H. Feng, Cricket C. Gullickson, Carla I. Haack, and Sheryl L. Heron





**AUGUST 2020** 

**VOLUME 2** 

NUMBER 1