

# JOURNAL of WELLNESS

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### **Utilization of Wellness Practices For Burnout and Stress During COVID-19 Among an Interdisciplinary Cohort of Emergency Healthcare Workers**

*Michael J. Zdradzinski, Sheri-Ann O. Kaltiso, Roslyn Seitz, Timothy P. Moran, Jennifer Clements, Sheryl L. Heron, Michelle D. Lall*

### **Evaluating the Feasibility and Impact of a Well-being Retreat for Physicians and Advanced Practice Providers**

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### **The Association of Hobbies and Leisure Activities with Physician Burnout and Disengagement**

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*Marah N. Kays, Ekas Singh Abrol, and Ariela L. Marshall*

