

2026 Combined Pain Care Skills & Substance Use Disorder Training

Bite-Sized Wellbeing for the Healthcare Worker

Presented by: Dr. Bryan Sexton

Offered: 12 August 2026; 0830 - 1130 AM ET

Location: ZoomGov

Description: The audience will review evidence published in top tier journals that both validates and normalizes their emotional exhaustion and demonstrates that as much as the pandemic was associated with an increase in burnout, we now know through clinical trials that bite-sized well-being interventions can cause well-being to improve in the same magnitude. What took the pandemic 3 years to do can be undone in 10 days using these interventions. This presentation explains the science behind the interventions to improve workforce well-being, and demonstrates the prevalence and severity of well-being deficits, all while informing, comforting, and inspiring a weary work-force.

Learning Objectives: Upon completion of this workshop, participants will be able to:

1. Demonstrate the changing patterns of well-being in the workforce over the past several years.
2. Review and evaluate bite-sized resources and interventions that improve well-being.
3. After the session, learners will be able to understand how bite-sized interventions cause significant and enduring improvements in well-being.

12 August 2026; 0830-1130

0830-0915 Science of Bite-sized Well-being
0915-1000 Gratitude Demonstration
1000-1015 -----BREAK-----
1015-1115 Three Good Things Demonstration
1115-1130 Q&A