

What Wellness Means to Me

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The stark contrast between work and the beauty and wonder of creation seems to make even a short amount of time spent outdoors rejuvenating in mind, body, and spirit.

Professional Wellness Activities

In recent years, I've been fortunate to be able to focus many presentations on wellness themes (eg, 'Physician Suicide', 'Burnout', and 'Substance Use Disorder').

Why I Volunteer with ASRA Pain Medicine Wellness SIG

The need for personal wellness in health care providers has never been more apparent. The connectedness of the ASRA Pain Medicine family at baseline really enhances our ability to make a meaningful difference.

Personal Wellness Activities



I enjoy spending time in the mountains. Hiking, skiing, camping, and fishing make the mountains a year-round escape.



Dr. Harrington hiking with wife Molly in Montana's Beartooth Mountains