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FEEL WELL: Emotional Well-Being HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**LAWYER
WELL-BEING
WEEK**

MAY 4-8, 2020

WATCH THIS: Jon Krop's Lawyer Well-Being Channel video: [Anxiety Toolkit: Mindfulness Practices to Reduce Anxiety in Trying Times](#)

READ THIS: Diana O'Brien and Jen Fisher's Harvard Business Review article: [5 Ways Bosses Can Reduce The Stigma of Mental Health At Work.](#)

DO THIS: Complete the [2-Minute Stress Relief Activity Guide](#) and post about your experience on social media using the hashtag #LawyerWellbeingWeek. Have fun!

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"Just one small positive thought in the morning can change your whole day." – Dalai Lama
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