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STAY STRONG: Physical Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**LAWYER
WELL-BEING
WEEK**

MAY 4-8, 2020

WATCH THIS: Dr. Matt Walker's TED Talk: [Sleep Is Your Superpower](#)

READ THIS: Tony Schwartz & Catherine McCarthy's Harvard Business Review article: [Manage Your Energy, Not Your Time.](#)

DO THIS: **Active Meeting Challenge.** Today, do all of your meetings (or even just one!) while [standing up](#) or [walking](#). Post on social media about your experience using the hashtag #LawyerWellbeingWeek. Have fun!

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"Each day comes bearing its own gifts. Untie the ribbons." - Ruth Ann Schabacker
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