

## Monthly Well-Being Theme Resources Guide For June 2022

This Resources Guide focuses on IWIL's June 2022 Well-Being Theme: Mind-Body Connection. The IWIL team crowd-sourced this Resource Guide by inviting IWIL committee members and supporters to contribute their favorite mind-body connection resources. Below we pass along those recommendations—and our thanks to everyone who contributed!



### MIND-BODY CONNECTION: DEFINITION

**The mind-body connection** means that our thoughts, feelings, beliefs, and attitudes can positively or negatively affect our physical or biological functioning. In short, our minds can affect how healthy our bodies are. On the flip side, what we do with our body (e.g., what we eat, how much we exercise) can impact our mental state. This results in a complex interrelationship between our minds and bodies ([Hart, 2016](#)). Our biology impacts our mood. How our body feels impacts our emotions.

Mental states encompassed in the “mind” portion of the mind-body connection can be conscious or unconscious. This means that a situation can trigger our emotional reactions without our being aware of why we're reacting as we are. For example, we might interpret our internal state as feeling angry when the main cause of our emotional reaction is that we're physically tired. Each mental state has a physiology associated with it—a positive or negative effect felt in the physical body. For example, the mental state of anxiety is tied to production of stress hormones.

**Mind-body practices** use the mind to affect the body; body-mind practices use the body to affect the mind. Ultimately, both types of practices are interrelated: the body affects the mind, which in turn impacts the body (and the mind; [Hart, 2016](#)). Many such practices focus on becoming more conscious of mental states and physical signals

and using this increased awareness to guide our mental states in a better, less destructive way. Some of these practices include:

- Physical activity
- Meditation
- Prayer
- Creative arts (e.g., art, music, dance)
- Yoga
- Tai chi
- Qigong
- Relaxation
- Guided imagery
- Laughter

Some of these practices appear below, along with recommended resources.



### MIND-BODY CONNECTION: RESOURCES

#### >> Mind-Body Connection-Generally

- ➡ [The Mind-Body Connection](#), by Gabriella Thalin, Painted Brain, January 3, 2021 (Article). *\*Recommended by Casey Fairchild, law firm health & welfare benefits manager.*
- ➡ [Your Anxiety Might Be Coming From Your Body](#), by Kira M. Newman, Greater Good Science Center, April 5, 2022 (Article). *\*Recommended by Denise Robinson, Founding Principal, The Still Center LLC.*

✦ [The Embodied Lawyer](#), by Denise A. Robinson, GWAC Blog, April 2017 (Article). *\*Recommended by Denise Robinson, Founding Principal, The Still Center LLC.*

✦ [The Mind Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health](#), by Dr. Emeran Mayer, 2016 (Book). *\*Recommended by Denise Robinson, Founding Principal, The Still Center LLC.*

✦ PlayerFM provides a list of Mind Body Connection Podcasts [here](#). *\*Recommended by Casey Fairchild, law firm health & welfare benefits manager.*

✦ [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#), by Bessel van der Kolk M.D., 2015 (Book). *\*Recommended by Carla Barrow, JD, MLFT, a licensed marriage and family therapist at The Integral Therapist.*

## >> Physical Activity

✦ [The Well-Being Week in Law Legal Employer Participation Guide 2022](#) recommends multiple things to read, watch, and do to encourage you to Stay Strong and foster Physical Well-Being (which is Monday's theme for WWIL 2022). More can be found on the [More Resources](#) page of the WWIL website. *\*Recommended by Anne Brafford, IWIL Vice President.*

✦ [Well-Being Week in Law Get Moving Activity Guide](#), by Anne Brafford, May 2022 (Guide). *\*Recommended by Anne Brafford, IWIL Vice President.*

✦ [4 Spiritual Practices To Foster Greater Purpose in Your Everyday Life](#), by James "Wolf" Yoxall, MA, CSC, Pavillon's Spiritual/Wellness Director, Well-Being Week in Law Webinar, 1hr (Video). The 4 practices are: (1) using breath work to cultivate self-awareness and connect with our spiritual sources, (2) multiple breathing techniques, (3) movement for energy and health—specifically using Qigong practices, (4) night-time rituals (dimming lights, putting devices aside, breathing techniques, pressing

acupuncture release points) and morning-time rituals (waking up mindfully with gratitude and connecting to spiritual sources). *\*Recommended by Anne Brafford, IWIL Vice President.*

✦ [Moving Your Body Is Like a Tune-Up for Your Mind](#), by Kira M. Newman, Greater Good Magazine, February 22, 2022 (Article). *Recommended by Krista Larson, law firm director of well-being, & Denise Robinson, Founding Principal, The Still Center LLC.*

✦ [Five Surprising Ways Exercise Changes Your Brain](#), by Kelly McGonigal, Greater Good Magazine, January 6, 2020 (Article). *\*Recommended by Krista Larson, law firm director of well-being.*

✦ [6 Science-Backed Ways Exercise Benefits The Body And Brain](#), by Alice G. Walton, Forbes, May 23, 2017 (Article). *\*Recommended by Lucinda D. Gardner, law school assistant director of student affairs.*

✦ [How Exercise Boosts the Brain and Improves Mental Health](#), by Bob Holmes, Smithsonian Magazine, February 9, 2022 (Article). *\*Recommended by Lucinda D. Gardner, law school assistant director of student affairs.*

✦ Rachel McPherson, [5 Mental Health Benefits of Strength Training](#), VeryWellFit.com, January 24, 2022 (Article). *\*Recommended by Lucinda D. Gardner, law school assistant director of student affairs.*

✦ [Weight Training May Help Ease Anxiety](#), by Gretchen Reynolds, New York Times, July 26, 2021 (Article). *\*Recommended by Lucinda D. Gardner, law school assistant director of student affairs.*

✦ [Your Brain On Barbells: Could Strength Training Help Improve Your Mood?](#), by Lorne David Opler, The Washington Post, September 2, 2020 (Article). *\*Recommended by Lucinda D. Gardner, law school assistant director of student affairs.*

✦ [Mindful Movement](#), by Timothy McCall, University of Minnesota Earl E. Bakken Center for Spirituality & Healing (Article). *\*Recommended by Anne Brafford, IWIL Vice President.*

✦ [Qigong](#), by Peng Her, University of Minnesota Earl E. Bakken Center for Spirituality & Healing (Article). *\*Recommended by Anne Brafford, IWIL Vice President.*

✦ [The Peloton App](#) has thousands of classes (including yoga and meditation) that can be taken from anywhere at anytime, and a bike is not needed. The instructors, who all are positive and motivational, make a big difference. *\*Recommended by Tatiana Garcia, law firm professional development manager, & Roz Pitts, law firm director of professional development and well-being.*

## >> Meditation

✦ The [IWIL Mental Health Resources Guide](#), May 2022, includes recommendations for meditation- and mindfulness-related resources, including websites and apps.

✦ [Mindful](#) magazine and website focus on sharing the positive impact of mindfulness through content, training, courses, and directories. *\*Recommended by Roz Pitts, law firm director of professional development and well-being.*

✦ [Mindfulness in Law Society Virtual Sits](#). The Mindfulness in Law Society organizes weekly Mindful Mondays and Wakeful Wednesdays. They generally consist of about 20 minutes of guided meditation with 5 minutes of gathering time at the beginning and 5 minutes at the end for questions and comments. All in the legal profession are welcome. No experience is necessary; experienced meditators and beginners are welcome. *\*Recommended by Roz Pitts, law firm director of professional development and well-being.*

✦ [10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story](#), by Dan Harris, 2014 (Book). *\*Recommended by Tatiana Garcia, law firm professional development manager.*

✦ [Guided Meditations](#), by Tara Branch, TaraBranch.com (Podcasts). *\*Recommended*

*by Lucinda D. Gardner, law school assistant director of student affairs.*

✦ Warrior One offers free [Live Wake Up Calls](#) on Thursdays for the legal community (includes a 10-minute mindfulness talk plus ten minutes of guided meditation) and a Wake Up Call Podcast (which allows you to listen to the Wake Up Calls whenever it's convenient). *\*Recommended by Roz Pitts, law firm director of professional development and well-being.*

✦ Rudhir Krishtel—a consultant and coach serving the legal profession—offers a number of free mindfulness and meditation resources on the [Kristhel website](#), including articles, podcasts, and guided meditations. *\*Recommended by Roz Pitts, law firm director of professional development and well-being.*

## >> Emotion Regulation

✦ [Burnout and How to Complete the Stress Cycle](#), with Emily Nagoski & Amelia Nagoski, Brene Brown's Unlocking Us Podcast, 1:02 hrs, October 14, 2020 (Podcast). Emily Nagoski and Amelia Nagoski, authors of *Burnout: The Secret to Unlocking the Stress Cycle* (2020), explain stress as a cycle with a beginning, middle, and end. They propose that intentionally completing the stress cycle is essential for good mental health. Ways that they recommend to complete the stress cycle include: Physical activity (walking, running, cycling, rock climbing, dancing, etc.), breathing, positive social interactions, laughter, affection (e.g., the 20-second hug), let yourself have a big cry, and creative expression. *\*Recommended by Denise Robinson, Founding Principal, The Still Center LLC.*

✦ Carla Barrow, JD, LMFT, generally recommends mind-body strategies based on dialectical behavior therapy (DBT), which is a type of cognitive behavioral therapy that is specially adapted for people who feel emotions very intensely and whose behaviors may threaten their safety, relationships, work, and emotional well-being. It incorporates mindfulness meditation, interpersonal effectiveness, emotional regulation, and distress tolerance skills. Carla

has [a 10-minute video](#) describing some of the basic practices for emotion regulation. Other resources for learning more about DBT include: Dr. Katherine Compitus, [What Are Distress Tolerance Skills? Your Ultimate DBT Toolkit](#), PositivePsychology.com; Dr. Matthew Tull, [What Is Distress Tolerance?](#), VeryWell-Mind.com; and the [DBT Tools website](#), which provides checklists and worksheets for practicing DBT skills. *\*Recommended by Carla Barrow, JD, MLFT, a licensed marriage and family therapist at The Integral Therapist.*

## >> Focus & Attention

- ✦ [Body-Mind Integration: Training Attention for Mental and Physical Health](#), by Joaquín Selva, PositivePsychology.com, January 31, 2017 (Article). *\*Recommended by Casey Fairchild, law firm health & welfare benefits manager.*
- ✦ [Focusing](#), by Eugene Gendlin, 1982 (Book). *\*Recommended by Carla Barrow, JD, MLFT, a licensed marriage and family therapist at The Integral Therapist.*
- ✦ [An Introduction to Focusing: Six Steps](#), by E. T. Gendlin, The Focusing Institute, 1996 (Article). *\*Recommended by Carla Barrow, JD, MLFT, a licensed marriage and family therapist at The Integral Therapist.*
- ✦ [Happy Brain: How to Overcome Our Neural Predispositions to Suffering](#), by Dr. Amit Sood, MD, TEDx, 18:06 mins, May 15, 2014 (Video). *\*Recommended by Jeannette K. Boot, law firm partner.*
- ✦ [Flow Research Collective Radio](#) is a podcast dedicated to asking the big questions about peak experience (Podcast). *\*Recommended by Erin N. Brown, law firm professional development coordinator.*
- ✦ [Research Proves Your Brain Needs Breaks](#), by Microsoft Human Factors Lab, Microsoft.com, April 20, 2021 (Article). *\*Recommended by Tatiana Garcia, law firm professional development manager.*

## >> Breath Work

- ✦ [The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions](#), by Richard P. Brown & Patricia L. Gerbard, MD, 2012 (Book). *\*Recommended by Carla Barrow, JD, MLFT, a licensed marriage and family therapist at The Integral Therapist.*

## >> Yoga

- ✦ [60+ Benefits of Yoga for Mental & Physical Health](#), by Courtney E. Ackerman, PositivePsychology.com, May 10, 2018 (Article). *\*Recommended by Anne Brafford, IWIL Vice President.*
- ✦ [How to Improve Mind Body Connection with Yoga](#), by Caitlin Downey, WikiHow, May 25, 2021 (Article). *\*Recommended by Carla Barrow, JD, MLFT, a licensed marriage and family therapist at The Integral Therapist.*
- ✦ [Therapeutic Yoga for Trauma Recovery: Applying the Principles of Polyvagal Theory for Self-Discovery, Embodied Healing, and Meaningful Change](#), by Arielle Schwartz, 2022 (Book), and [Dr. Arielle Schwartz YouTube Channel](#) (Videos). *\*Recommended by Christina Loftus, JD, LMSW, social worker and life coach.*
- ✦ The [IWIL Mental Health Resources Guide](#), May 2022, includes recommendations for yoga-related resources.

## >> Prayer & Other Religious Practices

- ✦ [The Science of Prayer](#), APS, by Elizabeth Bernstein, May 20, 2020 (full article previously published in [The Wall Street Journal](#), May 17, 2020) (Article). *\*Recommended by Bree Buchanan, IWIL President.*
- ✦ [Tricycle](#) website is operated by a nonprofit dedicated to making Buddhist teachings and practices broadly available. *\*Recommended by Roz Pitts, law firm director of professional development and well-being.*



- ✦ [Lion's Roar](#) website is operated by an independent non-profit foundation whose mission is to communicate Buddhist wisdom and practices to benefit people's lives. *\*Recommended by Roz Pitts, law firm director of professional development and well-being.*

## >> Go Outside & Experience Awe

- ✦ ['Forest Bathing' Is Great for Your Health. Here's How to Do It](#), by Qing Li, Time Magazine, May 1, 2018 (Article). *\*Recommended by Tracy Kepler, IWIL Secretary.*
- ✦ [What Are "Awe Walks?" And Why Is A New Study Praising Them?](#), by Byan E. Robinson, Psychology Today, November 3, 2020 (Article). *\*Recommended by Tracy Kepler, IWIL Secretary.*
- ✦ [Scientists Say Taking An 'Awe Walk' Can Transform Your Well-Being](#), World Economic Forum, July 7, 2021, 2:17 mins (Video). *\*Recommended by Tracy Kepler, IWIL Secretary.*

## >> Laughter

- ✦ [Stress Relief From Laughter? It's No Joke](#), by Mayo Clinic Staff, MayoClinic.com (Article). *\*Recommended by Tracy Kepler, IWIL Secretary, & Casey Fairchild, law firm health & welfare benefits manager.*
- ✦ [Six Science-Based Reasons Why Laughter Is The Best Medicine](#), by David DiSalvo, Forbes.com, June 15, 2017 (Article). *\*Recommended by Tracy Kepler, IWIL Secretary.*
- ✦ [The Health Benefits of Humor and Laughter](#), by Barbara Field, VeryWellMind.com, October 4, 2021 (Article). *\*Recommended by Tracy Kepler, IWIL Secretary.*
- ✦ [Laughter is the Best Medicine](#), by Lawrence Robinson, Melinda Smith, & Jeanne Segal, HelpGuide, July 2021 (Article). *\*Recommended by Casey Fairchild, law firm health & welfare benefits manager.*

## >> Conflict Resolution

- ✦ [To Resolve Conflicts, Get Up and Move](#), by Peter T. Coleman, Greater Good Science Center, February 8, 2022 (Article). *\*Recommended by Denise Robinson, Founding Principal, The Still Center LLC.*
- ✦ Amy Pruett recommends several of her own videos and writings on using yoga and other mind-body practices for resolving conflict and experiencing work-life flow, including a [YouTube playlist](#), a [Toolkit to Transform Conflict](#), and an article on [The Power of the Present to Transform Conflict](#). *\*Recommended by Amy Pruett, lawyer, mediator, yoga instructor, co-founder of Abunditude LLC.*

## USE OF THIS RESOURCE GUIDE

**This Resource Guide should not be considered legal or mental health advice or as an endorsement of any of the listed resources by the Institute for Well-Being in Law. It is provided for information purposes only, and you should personally evaluate all resources for fit and effectiveness for the purpose for which you plan to use them.**