

FRI



FEEL WELL: Emotional Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



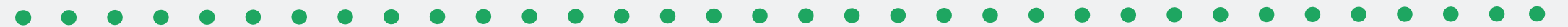
**WELL-BEING
WEEK
IN LAW**

MAY 1-5, 2023

WATCH THIS: Adia Gooden (2018). [Cultivating Unconditional Self-Worth](#), TEDx, 15:20 mins Gooden discusses the power of cultivating unconditional self-worth and how to break free from negative thought patterns so you can live more freely.

READ THIS: Elizabeth Ayoola (2022). [Mental Health New Year's Resolutions You Need On Your List For 2023](#), (Because who says mid-year isn't the perfect time to assess and recalibrate?)

DO THIS: [Cultivating Unconditional Self-Worth Through Self-Compassion, preferences, and your work with this Job Crafting exercise.](#)



"Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it." -Vincent van Gogh

