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# STAY STRONG: Physical Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING  
WEEK  
IN LAW**

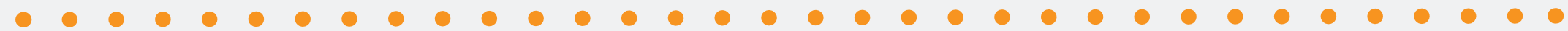
**MAY 1-5, 2023**

**WATCH THIS:** Carter, Christine (2020) [Confessions of Bad Exerciser, TedX Marin](#)

Christine Carter PhD is a writer, speaker, coach and sociologist, as well as a Senior Fellow at the Greater Good Science Center. In this talk, filmed for TedX Marin, she argues that in order to build a new habit, like exercising, we need to release our perfectionistic desires and let ourselves be bad at it (at least for a while).

**READ THIS:** Kilkus, Jennifer (2022) [Is the Mind-Body Connection Real?](#)

**DO THIS:** Pick one activity from the “More Movement While Working” section of the Well-Being Week in Law [Physical Health Activity Guide](#) and implement that strategy today - maybe it’s a walking meeting, or setting a timer to remind yourself to stand and move during the work day. Pick something small, give yourself permission to do what you can (no perfectionism allowed!), and acknowledge your victories when you follow through



*“Exercise is the key not only to physical health but to peace of mind.” - Nelson Mandela*

