

THURS



CONNECT: Social Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



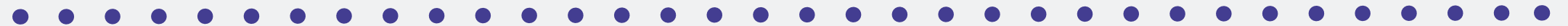
**WELL-BEING
WEEK
IN LAW**

MAY 1-5, 2023

WATCH THIS: Julian Treasure (2011). [5 Ways to Listen Better](#). TEDx GLocal, 7 mins. In our louder and louder world, says sound expert Julian Treasure, “We are losing our listening.” In this short, fascinating talk, Treasure shares five ways to re-tune your ears for conscious listening -- to other people and the world around you.

READ THIS: Check out The Surgeon General’s Report on Workplace Well-being Guidelines. In the U.S. [Surgeon’s new Workplace Mental Health & Well-Being Guidelines](#), aspects of relationship quality are imbued in all “Five Essentials,” defined as (1) Connection & Community, (2) Work-Life Harmony, (3) Mattering at Work, (4) Opportunity for Growth, and (5) Protection from Physical and Psychological Harm.

DO THIS: Download this infographic on [the Art of listening and practice some of the listening strategies](#) discussed in “5 Ways to Listen Better” above.



“That which isn’t good for the hive, isn’t good for the bee.” – Marcus Aurelius

