

## Uniting the Legal Community in Turbulent Times: Fostering Resilience, Purpose, & Well-Being

Thursday, May 8 | 11:30am-12:45 pm ET

### References

#### **Factors That Exacerbate Stress: Uncontrollable, Unpredictable, Long-lasting, etc.**

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#### **Sense of Coherence & Mental Health**

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#### **Threat Rigidity Effects**

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#### **Social Activism as a Mental Health Therapy**

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### **Mattering**

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