

THURS



CONNECT: Social Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 3-7, 2021

WATCH THIS:

Shawn Stevenson (2019). [The Model Health Show With Dhru Purohit](#). 1 hr, 15 mins. How deep and meaningful friendships can help you thrive, support your well-being, and help you reach your goals.

READ THIS:

Nelson D. Schwartz (2020). [Working From Home Poses Hurdles for Employees of Color](#). New York Times. "Without the networks and encounters that offices provide, companies must foster the visibility of Black and Hispanic workers."

DO THIS:

Try out the [Loving-Kindness Meditation Activity Guide](#), which guides you through a practice of mentally sending warmth towards others that is linked to many psychological benefits. Post about your experience using the hashtag #WellbeingWeekInLaw.



"That which isn't good for the hive, isn't good for the bee." – Marcus Aurelius

