

FRI



FEEL WELL: Emotional Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 3-7, 2021

WATCH THIS:

[Practicing Emotional First Aid](#). TEDx, 17:15 mins. Dr. Guy Winch advocates for better emotional hygiene — taking care of our emotions and minds with the same diligence as we take care of our bodies.

READ THIS:

Alice Boyes (2020). [Feeling Overwhelmed? Here's How to Get Through the Workday](#). Harvard Business Review.

DO THIS:

Learn to Retrain Unhelpful Thoughts. Review the [Retraining Unhelpful Thoughts](#) Activity Guide and start practicing science-based skills to curb the negative effects of dysfunctional thoughts that can lead to poor mental health.



"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

