

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*

