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STAY STRONG: Physical Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



WELL-BEING
WEEK
IN LAW

MAY 2-6, 2022

LISTEN TO THIS: [The Joy of Movement](#), podcast interview of Dr. Kelly McGonigal about the latest research on why movement is so important for many facets of our wellbeing, 41 mins.

READ THIS: [Reframe How You Think About Self-Care](#) by Liane Davey. You might want to reconsider whether squeezing more into today is worth sacrificing what you can contribute tomorrow.

DO THIS: **Get Moving Challenge.** Peruse the [Get Moving Activity Guide](#) and pick a physical activity that you haven't tried before and try it out this week. Inspire others by posting about it on social media using the hashtag #WellbeingWeekInLaw.

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"Exercise is the key not only to physical health but to peace of mind." - Nelson Mandela
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