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FEEL WELL: Emotional Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 2-6, 2022

LISTEN TO THIS:

[The Amazing Impact of Self Talk and How to Master It](#), 1:07 hr, podcast interview of Dr. Ethan Kross, author of bestseller *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It*.

READ THIS:

[You've Done Self Care. You've Languished. Now Try This](#), by Brad Stulberg. As the pandemic slogs on, many of us want to feel motivated and get unstuck. An evidence-based practice called *behavioral activation*—committing to engaging in valued and enjoyable activities—might help.

DO THIS:

Vanquish Languishing. After reading the article above, check out the [Vanquishing Languishing Activity Guide](#). It offers guidance on how to use behavioral activation strategies to incorporate more enjoyable and valued activities into your life to foster greater engagement and vitality.



“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

