AGO presentation – 12/15/2021

* Signed ABA Well-Being Pledge Aug 2019
* Formed AGO Well-Being Committee about a year ago
  + Started meeting regularly in person, then shifted to virtual since April
* During these last 9 months, as an office and through the committee, we’ve emphasized and prioritized our employee well-being
  + As an office, it has been a pretty consistent message top-down to line attorneys and staff that whatever support we need- time off, mental health resources, work load audits and shifts- the Office will support that.
  + Already had connections with our EAP and LCL, and that’s only continued during the pandemic
    - Not just about sharing resources related to EAP and LCL
    - But trying to create/shift a culture where thinking and talking about those resources is maybe just a little bit easier
    - So we try to normalize and include in our communications links and events that are tied to mental health and substance misuse
      * Narcan training
      * LCL support groups
      * EAP webinars
        + With info circulated by WBC and not HR
    - Talking about stigma
  + We held a virtual parenting forum
    - Focused on things that have worked
  + We hosted a virtual event on the Bystander Effect and the particular connection to George Floyd’s murder and ongoing efforts at combating racism
    - Recognizing that racial equity and well-being are intertwined
    - Featuring Professor Catherine Sanderson
  + We held multiple internal Live Streams with the AG-
    - An open discussion type event
    - First in early May during well-being week
    - Importance of leadership and top-down endorsement of well-being
  + Communication and emails
    - Well-Being Week daily emails
    - Selected Well-Being Week Ahead emails
    - Wellness Corner examples (part of weekly newsletter)

**Well-Being Week – Daily Emails**

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|  | **Monday** |
|  | **Stay Strong: Physical Well-Being.**  Striving for regular activity, good diet and nutrition, enough sleep and recovery. Limit addictive substances and seek help for physical health when needed |
| **Challenge:** | **Active meeting challenge**: Conduct a meeting while [**standing up**](https://www.forbes.com/sites/groupthink/2014/06/19/kick-the-chair-how-standing-cut-our-meeting-times-by-25/#10f8e05c35fe)! (1 point/meeting)  **Healthy eating challenge**: Try a healthy snack ([**52 healthy snack recipes**](https://www.dinneratthezoo.com/healthy-snack-recipes/)!) (1 point/snack pic)  **Get physical challenge**: Walk, run, or bike outside, and send in a pic! (1 point/pic) |
| **Family Activity:** | **9am:** [**Virtual Dog Days**](http://fidelco.org/virtual-dog-days/)**:** Live Q&A with Trainer/Instructor Laura Roy (30 minutes) |
| **Meditation:** | **12:30p:** [**Daily Pause**](https://jeenacho.com/nagtri/)(10 minutes; designed for legal professionals) |
| **Community:** | **2pm:** [**SJC Coffee Break**](https://www.lawyerwellbeingma.com/news/Wellbeingcoffeebreaks):Physical Well-Being withHeidi Alexander, SJC Standing Committee on Lawyer Well-Being; Marianne LeBlanc, Sugarman (& Co-Chair of the MBA Well-Being Committee); Mala Rafik, Rosenfeld & Rafik (& Member of the SJC Standing Committee on Lawyer Well-Being) |
| **Try this:** | **Address your posture:** Working from home presents a host of challenges for all of us, but one we may be ignoring is our posture.  The couch, the kitchen table, our laptops: they all present a challenge.  This [**CNN article**](https://www.cnn.com/2020/04/22/health/poor-posture-work-from-home-remote-wellness/index.html)talks about the danger zones and offers some suggestions, including the following simple exercise to help with hunched shoulders, tension headaches, and neck pain:  *Perform a "shoulder square." With your head facing forward, move your shoulders forward, up, back and then down. Repeat this five times forward and then reverse five times*.  For a little extra, try Yoga with Adriene’s [**10-minute yoga instruction**](https://youtu.be/X3-gKPNyrTA) for neck, shoulders, and upper back. |
| **Watch this:** | [**The Brain-Changing Benefits of Exercise**](https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise), Wendy Suzuki (2017),TED Talk, 12:55 mins. Suzuki discusses the science of how exercise boosts mood and memory and protects your brain against neurodegenerative diseases. |
| **Read this:** | [**Manage Your Energy, Not Your Time**](https://hbr.org/2007/10/manage-your-energy-not-your-time?referral=03759&cm_vc=rr_item_page.bottom),Harvard Business Review  [**Five Simple Tricks for Healthier Eating**](https://greatergood.berkeley.edu/article/item/five_simple_tricks_for_healthier_eating),Greater Good Magazine  [**Sleep Deprivation Can Make It Harder To Stay Calm At Work**](https://hbr.org/2017/08/research-sleep-deprivation-can-make-it-harder-to-stay-calm-at-work), Harvard Business Review |
| **Resources:** | [**Family Participation Guide**](https://lawyerwellbeing.net/wp-content/uploads/2020/05/Family-Participation-Guide_rev.pdf)(see page 3!)  [**Physical Health Toolkit**](https://lawyerwellbeing.net/wp-content/uploads/2020/02/Toolkit-Worksheet-16_Physical-Health.pdf)  [**NY Times: How to Get Strong**](https://www.nytimes.com/guides/year-of-living-better/how-to-build-muscle-strength) |

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|  | **Tuesday** |
|  | **Align: Spiritual Well-Being**  Cultivating a sense of meaningfulness and purpose in work and life. Align your work and life with your values, goals, and interest. |
| **Challenge:** | **Mindfulness challenge**: Practice any form of mindfulness or meditation (1 point)  **Gratitude challenge**: Write down three things you are grateful for today (1 point)  **Personal Mission challenge**: Complete the [**Personal Mission Statement Exercise**](https://lawyerwellbeing.net/wp-content/uploads/2020/02/Spiritual_Personal-Mission-Statement-Exercise-with-attachments.pdf) (3 points) |
| **Family Activity:** | [**Virtual Dog Days**](http://fidelco.org/virtual-dog-days/)**:** Check out yesterday’s videos on [frosty breath](https://youtu.be/gccju6JGRvw) and [peanut butter](https://youtu.be/GUKM3-jslPs) dog treats |
| **Meditations:** | **11:45am:** [**Mindful Pause**](https://www.eventbrite.com/e/mindfulness-pause-tuesday-registration-102102053992) (15 minutes)  **12:30pm:** [**Daily Pause**](https://jeenacho.com/nagtri/)(10 minutes; designed for legal professionals (register before 11:30am) |
| **Community:** | **1pm:** [**Boston Addiction Recovery Peer Support Group Meeting**](https://www.lclma.org/pec-events/boston-addiction-recovery-peer-support-group-meeting/1588683600/), Lawyers Concerned for Lawyers. Online, confidential and open to all legal professionals.  **2pm:** [**SJC Coffee Break**](https://www.lawyerwellbeingma.com/news/Wellbeingcoffeebreaks):Spiritual Well-Being, Finding Meaning and Purpose, with Brenda Fingold, Brown Mindfulness Center  **7:30pm:** [**Mindfulness in Law Society Weekly Chat**](https://mindfulnessinlawsociety.com/mindful-evenings/): Corona and Compassion: Along with disruption, the coronavirus has ushered in a new level of frustration — with things not working as fast and easily as before, with people who don’t do what we want them to do, with things just not being right.  Judi Cohen will lead this lawyer chat about Covid as a source of compassion. |
| **Try this:** | **5 4 3 2 1 grounding technique**: This sensory [**grounding**](https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx)[**technique**](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-4-3-2-1-countdown-to-make-anxiety-blast-off) ([**kid friendly**](https://copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-grounding-technique)) can be used to land us in the present moment whenever we want and wherever we are.  We can use the senses available to us to help us when we’re stressed or when we simply want to ground ourselves in the present.  It’s as easy as 5-4-3-2-1.  Start with three deep breathes, and then:   * *5- Notice five things you can see.  Colors, objects, your children, clouds, your coffee mug, or even the observations we attribute to vision when our eyes are closed* * *4- Notice four things you can physically feel.  Clothing, shoes, wind, hands resting* * *3- Notice three things you can hear.  The wind, the fridge, your children, the TV* * *2- Notice two things you can smell.  Toast, coffee, soap.* * *1- Notice one thing you can taste.  Toothpaste, carrots, nothing at all* |
| **Watch this:** | [**A Very Happy Brain**](https://youtu.be/GZZ0zpUQhBQ): The short (4 min) story of how Broody the Brain learned to become happy (hint: “start with the one a breath away, in this moment, now, today”), from Dr. Amit Sood, M.D., former chair of Mayo Mind Body Initiative.  Ok for kids!  [**Developing Greater Spiritual Health through the Practice of Character Strengths**](https://youtu.be/HNxUIk_XORs): How to integrate your spiritual practices with the VIA character strengths (30 min). UPenn Master of Applied Positive Psychology Webinar (2020). |
| **Read & Listen:** | [N**ever Alone: Addiction, Recovery and Community**](https://nysba.org/never-alone-addiction-recovery-and-community/), Libby Coreno, Chair, Attorney Well-Being Subcommittee, NYS Bar Association (2018)  [**The Science of Happiness: Helping Kids Think About the Good**](https://greatergood.berkeley.edu/podcasts/item/abdi_nazemian_helping_kids_think_about_the_good_gratitude), Podcast (20 min) |
| **Resources:** | [**Insight Timer Meditation App**](https://insighttimer.com/)  [**Ten Percent Happier – Coronavirus Sanity Guide Meditations**](https://www.tenpercent.com/coronavirussanitymeds)  [**Greater Good’s Parenting and Family Guide**](https://greatergood.berkeley.edu/parenting_family) |

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|  | **Wednesday** |
|  | **Engage & Grow: Career and Intellectual Well-Being**  Engaging in continuous learning, engaging in creative or intellectually challenging activities that foster ongoing development, and monitoring cognitive wellness. Seeking personal satisfaction, growth, and enrichment in work. |
| **Challenge:** | **Wellness Wednesday challenge**: Get your Wellness Wednesday Walk (and pic) in! (1 point)  **Creativity challenge**: Take a few minutes (or more) to draw, write, sing, create! (3 points)  **Supervisor Shoutout challenge**: Let’s give our Supervisors some love! (**10 points-all week!**) |
| **Family Activity:** | **9am:** [**Virtual Dog Days**](http://fidelco.org/virtual-dog-days/)**:** Puppy Technician (30 min) |
| **Community:** | **9am:** [**Practicing Law with ADHD**](https://www.lclma.org/adhd-support/)**:** Lawyers Concerned for Lawyers.Weekly, confidential group meeting, designed specifically for lawyers, law students, and other legal professionals who face unique obstacles in their work – and have unique abilities – as a result of ADHD.  **2pm:** [**SJC Coffee Break**](https://www.lawyerwellbeingma.com/news/Wellbeingcoffeebreaks):Occupational & Intellectual Well-Being with Susan White, Lawyers Concerned for Lawyers/Mass LOMAP  **6pm**: [**A Conversation with Asian American and Pacific Islanders (AAPI) Women in Politics**](https://www.eventbrite.com/e/celebrating-asian-pacific-heritage-month-tickets-103272563016?aff=ebdssbonlinesearch):Hear from panelists engaged in local and federal politics, and engage in this opportunity to ask questions of your own! |
| **Meditation:** | **3pm:**[**Ten Percent Happier - Live Meditation**](https://www.tenpercent.com/live) (10-15 minutes with discussion) |
| **Learn:** | **3pm**: [**Digital Minimalism: Strategies for Mindful Tech**](https://us02web.zoom.us/webinar/register/WN_Iycmd4AqR7eQquiQQZ9dlQ), UPenn Master of Applied Positive Psychology.Is your phone the first thing you reach for in the morning? Do your eyes hurt from staring at screens all day long? Now more than ever, technology and screens connect us (thank goodness!); however, they can get in the way of interpersonal relationships and our relationship to self. Learn tips and tricks to help analyze your habits and relationship to technology. |
| **Try this:** | **Working from home tip: make a list**.  Working from home is difficult for many of us, for many reasons (new office mates, technology, Joe Exotic).  If you’re struggling with efficiency while working from home, you are definitely not alone.  One way to try and jump start your day is to make a list.  Yes, we know, 2005 called and wants its work hack back.  But here’s the key to *our* to-do list:   * *Keep It Simple.  If your to-do list is on 9 different post-it notes, it’s too long.  Start with three easy things and go from there.* * *Keep It Easy.  We mean easy.  Make coffee.  Send that email.  ~~Draft that biweekly.~~  Make more coffee.* * *Keep it Real.  You can’t do it all.  Be realistic.  And be gentle.  We’re doing the best we can, one day at a time.* |
| **Watch this:** | [**The Happy Secret To Better Work**](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en). Shawn Achor (2011). TED Talk, 12:05 mins. In this funny talk, psychologist Shawn Achor argues that happiness inspires us to be more productive. |
| **Read & Listen:** | [**Doing Something Creative Can Boost Your Well-Being**](https://greatergood.berkeley.edu/article/item/doing_something_creative_can_boost_your_well_being)**,** Jill Suttie, Greater Good Science Center, UC Berkley  [**When work takes over your life**](https://www.ted.com/talks/worklife_with_adam_grant_when_work_takes_over_your_life?language=en&referrer=playlist-worklife_with_adam_grant)**:** Setting boundaries so your work life doesn't become your whole life, WorkLife with Adam Grant, Podcast (37 min.)  [T**he Four Keys to Happiness at Work**](https://greatergood.berkeley.edu/article/item/the_four_keys_to_happiness_at_work), Emiliana R. Simon-Thomas, Greater Good Science Center, UC Berkley  [**Multitasking makes us a little dumber**](https://www.chicagotribune.com/opinion/ct-xpm-2010-08-10-ct-oped-0811-multitask-20100810-story.html), Jim Sollisch, Chicago Tribune  [**7 Ways to Foster Creativity in Your Kids**](https://greatergood.berkeley.edu/article/item/7_ways_to_foster_creativity_in_your_kids), Christine Carter, Greater Good Science Center, UC Berkley |
| **Resources:** | [**The Science of Happiness Podcast**](https://greatergood.berkeley.edu/podcasts),Greater Good Science Center, UC Berkley  [**Family Resources for Remote Learning**](https://childmind.org/guide/family-resources-for-remote-learning/), Child Mind Institute  [**WorkLife Podcast with Adam Grant**](https://www.adamgrant.net/worklife) (all 3 seasons!) |

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|  | **Thursday** |
|  | **Connect: Social Well-Being**  Building connection, belonging, and a reliable support network. Contributing to our groups and communities. |
| **Challenge:** | **Phone a friend challenge**: Call or text someone you haven’t talked to in a while (1 point)  **Act of kindness challenge**: Perform one (or more) acts of kindness (2 points each)  **Supervisor Shoutout challenge**: Let’s give our Supervisors some love! (**10 points-all week!**) |
| **Family Activity:** | **9am:** [**Virtual Dog Days**](http://fidelco.org/virtual-dog-days/): withTrainer/Instructor Bryant O’Neill (30 min) |
| **Meditation:** | **11am:** [**Warrior One Wake Up Call**](https://warriorone.com/wake-up-call-march-may-2020/). 10 minute discussion then 10 minute meditation.  Warrior One offers mindfulness resources specific for legal professionals. |
| **Don’t Miss!** | **\*\*\* 12pm:** [**The People’s Livestream With Maura**](https://urldefense.proofpoint.com/v2/url?u=https-3A__attendee.gotowebinar.com_register_118833424416040205&d=DwMFaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=J3h1KctySwSC1_IM61HFpM3W5sI5ZqfF5wMyQcTv_TQ&m=JnWJ09bKaxFYsw9ls2fl2qoCISNPQQb1WoeaopPkdq8&s=7YXLvxYtSk7-qgrtwNmjig7YcIrEU25SdiLPvebW1ec&e=)**! \*\*\*** |
| **Learn:** | **3pm:** [**NAGTRI Wellness Series Part 3: Combating Implicit Bias Through Mindfulness**](https://zoom.us/webinar/register/WN_omkNy27ZQ4mb--T-mAAP6g).  Implicit bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. In this session, we’ll review the most recent research on implicit bias in the legal profession. Additionally, we’ll cover specific practices proven to decrease implicit bias and ways of creating a more diverse and inclusive workplace. |
| **Community:** | **1pm:** [**Boston Addiction Recovery Peer Support Group Meeting**](https://www.lclma.org/pec-events/boston-addiction-recovery-peer-support-group-meeting/1588683600/), Lawyers Concerned for Lawyers. Online, confidential and open to all legal professionals.  **2pm:** [**SJC Coffee Break**](https://www.lawyerwellbeingma.com/news/Wellbeingcoffeebreaks):Social Well-Being with Gabriel Cheong, Infinity Law Group; Kathleen Cavanaugh, Attorney at Law (President of Hamden County Bar Association); Christina Turgeon, Law Office of Christina M. Turgeon (& Member of the SJC Standing Committee on Lawyer Well-Being).  **6pm:**[**I Get By With a Little Help From My Friends**](https://njlap.zoom.us/webinar/register/WN_ADKSDOh8SJC7ZxLFy_xU_w), New Jersey Lawyers Assistance Program.  Our friends in New Jersey are hosting this program on social support, community involvement, and connection. Melissa O’Mara is an Assistant Burlington County Prosecutor, a 2017 graduate of New England Law | Boston, and an addiction recovery advocate.  Melissa will share [her personal journey](https://6abc.com/burlington-county-news-prosecutor's-office-opioids/5549858/), and will be joined by Nancy Stek, Associate Director of the New Jersey Lawyers Assistance and Judges Assistance Programs. |
| **Try this:** | **Go tech free for an hour (or more!):**  Turn everything off: your phone, your computer, your tablet, your TV, and yes your phone.  Whether you’re by yourself or with others, practice a technology blackout for an afternoon or evening (if it’s safe for you of course).  Your family, your pets, and your brain will thank you!  For more, check out [**how to use your phone mindfully**](https://www.huffpost.com/entry/how-to-be-mindful-phone-coronavirus_l_5ea098fcc5b6b2e5b83c3aa9)during the pandemic. |
| **Watch this:** | [**The Power of Vulnerability**](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability/up-next?language=en), Brene Brown, TEDx Talk, 20:04 mins. Social scientist Brene Brown studies and writes on human connection, including empathy and belonging. In this talk, she shares her research and insights from her own life journey.  [**How to overcome our biases? Walk boldly toward them**](https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them/details?language=en),Vernā Myers TEDx Talk, 18 mins.  Diversity advocate Vernā Myers looks closely at some of the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from, the groups that make you uncomfortable. |
| **Read & Listen:** | [**Enabling Lawyer Well-Being Through Diversity & Inclusion**](https://lawyerwellbeing.net/wp-content/uploads/2020/04/Braffprd_Diversity-and-Wellbeing.pdf). Anne Brafford, Lawyer Well-Being Week Resource (2020)  [**Help Others to Help Yourself**](https://www.happinesslab.fm/coronavirus-bonus-episodes/episode-5-help-others-to-help-yourself), The Happiness Lab Podcast (30 min)  [**How to Think about "Implicit Bias"**](https://www.scientificamerican.com/article/how-to-think-about-implicit-bias/) Scientific American (2018)  [**Helping Others Can Help You Cope with Lockdown**](https://greatergood.berkeley.edu/article/item/helping_others_can_help_you_cope_with_lockdown), Greater Good Science Center, UC Berkley (2020) |
| **Resources:** | [**Randomactsofkindness.org**](https://www.randomactsofkindness.org/) – Random Acts of Kindness Foundation  [**May 2020 Happiness Calendar**](https://greatergood.berkeley.edu/images/uploads/May_2020_Happiness_Calendar.pdf) – Greater Good Science Center, UC Berkley  [**Make Kindness the Norm**](https://lawyerwellbeing.net/wp-content/uploads/2020/02/Social_Make-Kindness-The-Norm-with-attachments.pdf) |

A person wearing a suit and tie

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|  | **Friday** |
|  | **Feel Well: Emotional Well-Being**  Emotional Well-Being: Valuing emotions. Developing an ability to identify and manage emotions for health, to achieve goals, and to inform decisions. Seeking help for mental health when needed. |
| **Challenge:** | **Bob Ross challenge**: Watch a [Bob Ross painting video](https://www.youtube.com/user/BobRossInc) (5 points, 20 points for a [happy tree](https://youtu.be/0n4f-VDjOBE))  **Supervisor Shoutout challenge**: Let’s give our Supervisors some love! (**10 points-all week!**) |
| **Family Activity:** | **9am:** [**Virtual Dog Days**](http://fidelco.org/virtual-dog-days/): Live Tao Dog Yogawith Stefanie Corbeil-Eastwood (30 min)  (plus the week’s worth of afternoon activities) |
| **Community:** | **1pm:** [**North Andover Addiction Recovery Peer Support Group Meeting**](https://www.lclma.org/pec-events/north-andover-support-group-meeting-for-lawyers-in-recovery/1588942800/), Online.  Lawyers Concerned for Lawyers. Confidential and open to all legal professionals.  **2pm:** [**SJC Coffee Break**](https://www.lawyerwellbeingma.com/news/Wellbeingcoffeebreaks):Emotional Well-Being with Martha Knudson, Utah State Bar Well-Being Committee; Shawn Healy, Lawyers Concerned for Lawyers. |
| **Learn:** | **3pm:** [**Creating Calm: Anxiety Management during Uncertain Times**](https://us02web.zoom.us/webinar/register/8215868698408/WN_4EfqoQ4MSVmRQz6_zDHtsA)**.** Learn about detecting early signs of anxiety, identifying escalations, and evidence-based ways to proactively manage anxiety.  Brought to you by AwareHealth, a minority-founded company where 75% of team members identify either as minority or female and 50% have a lived experience of mental illness. |
| **Meditation:** | [**How to Handle Our Collective Grief**](http://tun.in/tjRbp1), Sharon Salzberg, Ten Percent Happier  [**Doing Nothing May Be All You Need To Do**](https://youtu.be/7JNUYJ_9KsQ), Rev. angel Kyodo williams, Ten Percent Happier |
| **Try this:** | **Laugh.** Watch a [funny movie](https://www.amazon.com/gp/video/detail/amzn1.dv.gti.d4a9f70e-a459-5460-ef5b-651308ed5d98?ref_=imdbref_tt_wbr_pvt_aiv&tag=imdbtag_tt_wbr_pvt_aiv-20), a stand-up comedy show, or an episode of The Office.  Because [laughter is good for you](https://newsnetwork.mayoclinic.org/discussion/mayo-mindfulness-stress-relief-with-laughter-is-no-joke/). |
| **Watch this:** | [**There’s No Shame In Taking Care Of Your Mental Health**](https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health?referrer=playlist-the_struggle_of_mental_health), TED Talk, Sangu Delle, 8:58 mins. TED Fellow, Sangu Delle talks about confronting his own deep prejudice that men shouldn’t take care of their mental health.  [**2004 ALCS Gm 4: Roberts sets up, scores tying run**](https://youtu.be/EMEylcp7E7s) |
| **Read & Listen:** | [**I Hope All This Mindfulness Is Here To Stay**](https://www.wbur.org/cognoscenti/2020/04/13/return-to-mindfulness-coronavirus-deborah-sosin), Deborah Sosin, WBUR (2020)  [**Why We’re All Grieving – and How to Deal With It**](http://tun.in/tjQgS7), Ten Percent Happier Podcast, 45 mins. (2020)  [**That Discomfort You’re Feeling Is Grief**](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief),Scott Berinato, Harvard Business Review (2020)  [**Step Away from Anxiety**](https://greatergood.berkeley.edu/podcasts/item/raina_telgemeier_step_away_from_anxiety), The Science of Happiness Podcast, 21 mins. (2020)  [**Feeling Your Emotions in the Body**](https://www.tenpercent.com/meditationweeklyblog/feeling-your-emotions-in-the-body), Jay Michaelson, Ten Percent Happier (2020)  [**Is It Still OK to Be Happy?**](https://radiopublic.com/ten-percent-happier-with-dan-harr-WwE9m8/s1!bb1a5)Ten Percent Happier Podcast, 1 hr. 7 mins. (2020) |
| **Resources:** | **AGO Employee Assistance Program, Mass4You**   * 844-263-1982 * liveandworkwell.com (access code: mass4you)   [**Lawyers Concerned for Lawyers**](https://www.lclma.org/)  [**Coronavirus Sanity Guide**](https://www.tenpercent.com/coronavirussanityguide)**–** Ten Percent Happier (meditations, podcast episodes, talks)  [**Grateful: A Gratitude Journal**](https://apps.apple.com/us/app/grateful-a-gratitude-journal/id1197512462)**-** Mobile app  [**headspace**](https://www.headspace.com/) **–** Meditation and sleep mobile app |

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**Well-Being Week Ahead Email -- Summer**

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| **Racial Equity** | * Tuesday, 1:30-3p, [Black Lawyers in America: A National Town Hall Series | Session One: The Foundation](https://sites-duanemorris.vuturevx.com/107/2178/june-2020/2020-07-07-black-lawyers-in-america-generic(1).asp?sid=dd5de483-f4a8-41ce-8d65-e136795061f2): This town hall series will examine the struggle for change and racial equity in the legal profession from the past, present and future.  Session One will identify the issues and set the table for a solution-driven dialogue, featuring former ABA presidents Dennis Archer, Paulette Brown, and Robert Grey, Jr.  Webinar will be recorded. * Saturday, 1p, [The Anti-Racism Revolution: Inhabiting the Moment - A Conversation between Spring Washam and Tara Brach](https://www.tarabrach.com/calendar/the-anti-racism-revolution-inhabiting-the-moment/): Spring Washam and Tara Brach share their challenges, practices, and insights guiding them during this time of radical inner and outer transformation. They will open with a guided meditation, and close with an offering of healing for ourselves and our country. Free with donations encouraged, with a portion of the proceeds going towards IMCW’s special fund for BIPOC students and teachers. |
| **Live ~~Animal~~ Beach Cam** | * From Wellfleet, MA, [Live Beach Cam](https://www.thebeachcomber.com/live-beach-cam/)! |
| **Mindfulness** | * Wednesday 7:30p, [Meditation Class Weekly Online with Tara Brach (livestream)](https://www.tarabrach.com/calendar/meditation-class-weekly-with-tara-brach-virtual/2020-07-08/):  This class includes 1/2 hour of Vipassana meditation instruction and guided meditation followed by an hour-long teaching talk. Beginners through advanced students are all welcome. |
| **Get Physical** | * NY Times, [The Well Summer Workout Challenge](https://www.nytimes.com/2020/07/02/well/move/the-well-summer-workout-challenge.html) * Monday, 6:30p, [MEtreat Mobility Monday](https://mustard-alpaca-nc5a.squarespace.com/event-calendar): This specially designed yoga format helps you explore your range of motion and ultimate potential by allowing you to guide your joints through their optimal range of motion while utilizing stabilizing muscle throughout the body.  All levels welcome. * Friday, 5:30p, [Savin Hill Fitness Virtual Yoga](https://massgov-my.sharepoint.com/personal/bernardo_cuadra_mass_gov/Documents/Wellness%20committee/savinhillfitness.com): This yoga flow is designed to be calming and uplifting for everyone, no matter their level of fitness or experience. * Sunday, 12p, [Donation Barre for The Conscious Kid](https://massgov-my.sharepoint.com/personal/bernardo_cuadra_mass_gov/Documents/Wellness%20committee/barresoul.com.): Join this donation-based barre class to benefit [The Conscious Kid](https://www.theconsciouskid.org/), an education, research and policy organization dedicated to disrupting racism and promoting positive racial identity development in youth. |
| **Addiction and Recovery** | * Ten Percent Happier podcast episode (6/22/20), [Why Your Bad Habits (and Addictions) May Be Getting Worse — and How Mindfulness Can Help | Dr. Jud Brewer](https://www.tenpercent.com/podcast-episode/jud-brewer-258) * The Portland Press Herald, [The Virus Diaries: Even with 26 years of sobriety, the loss of AA meetings is a worry](https://www.pressherald.com/2020/05/28/the-virus-diaries-even-with-26-years-of-sobriety-the-loss-of-aa-meetings-is-a-worry/).  A longtime member of Alcoholics Anonymous misses the intimacy of in-person meetings that have been forced to go virtual because of the pandemic. |
| **Arts and Culture** | * [And Still They Rose: The Legacy of Black Philadelphians in Ballet](http://mobballet.org/Tree/): Take a journey through their formative years of training through video profiles, historical essays and archival photos and documents. * [Marie’s Crisis Café](https://mariescrisis.us/):  The West Village piano bar that epitomizes a deep love for show tune music, community, and fun is live streaming its talented pianists every night on Facebook, 4:30-9p.  Join [Maries Group](https://www.facebook.com/groups/120608734673633/) to watch and read more [here](https://www.timeout.com/newyork/news/maries-crisis-is-staying-open-as-a-virtual-piano-bar-every-night-031920?). |
| **For Kids** | * [The Umbrella Arts Center’s](https://theumbrellaarts.org/) Summer Arts @ Home 2020 summer program is built around weekly "Treasure Boxes," packages of art instruction filled with great DIY at-home activities. Week 1 starts today, but the program runs through Aug. 28, with a different theme each week.  Other options include a hands-on Ceramics Program, and an outdoor Adventure Program.  [Registration here](https://theumbrellaarts.org/arts-education/summer-camp/summer-arts-home). |

**Well-Being Week Ahead Email -- Fall**

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| --- | --- |
| **Racial Equity** | * **Can Boston's New Power Brokers Tackle Racial Injustice?**  Sign up for the *Globe’s* [virtual event tomorrow](https://tackleracialinjustice.splashthat.com/event?et_rid=1766244379&s_campaign=events:newsletter) to hear a conversation with Quincy Miller and Linda Dorcena Forry about racial inequity and philanthropy, and how the Commonwealth Fund is addressing the issue head-on. |
| **Well-Being** | * **Isolation Contemplation Art Exhibit**: Take a stroll, er, a ***scroll*** through Kilburn Mill’s [Isolation Contemplation](https://kilburnmill.com/artisan-center/elementor-3340/), an exhibit of visual art and poetry inspired by the pandemic and period of quarantine. * **Art in Place: Social Distancing in the Studio**: The Carle Museum’s [online exhibition](https://sway.office.com/4gm5EH94jhEswJ7z) showcases the work of 21 picture-book artists who were asked for their most recent work.  Take a peek into how creativity is blooming, even in a time of social isolation. * **Staying Close While Physical Distancing**: Art isn’t the only way to build and share community during this strange time.  Check out this [podcast](https://greatergood.berkeley.edu/podcasts/item/staying_close_connection_while_self_distancing) for some strategies on feeling connected, even when we are separated by distance. |

**Well-Being Year in Review**

1. **Physical Well-Being**! Probably one of the most accessible yoga teachers on YouTube, Adriene Mishler has become a household name to many during 2020, and for good reason.  [Yoga with Adriene](https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA) was popular pre-pandemic, and since COVID hit, Adriene and her dog Benji have reached literally millions of people all over the world with her yoga videos.  And in January, Adriene starts her free [30 Day Yoga Journey](https://do.yogawithadriene.com/breath-30-day-yoga-journey).  It’s never too late to find what feels good!
2. **Mindfulness**! Every Tuesday at 11:45pm ET, Brenda Fingold, a former lawyer, leads a 15-minute [Mindful Pause](https://www.eventbrite.com/e/tuesday-mindful-pause-tickets-133994981597) mindfulness practice for anyone with an internet connection.
3. **Recovery**! September was Recovery Month, and MGH hosted a forum on [Developing an Anti-Racist Recovery Movement](https://youtu.be/pycQ2ZJwA7A), where experts discussed how academic medicine, research and policy have systematically excluded BIPOC from the recovery movement.  You can watch the hour-long webinar [here](https://youtu.be/pycQ2ZJwA7A).
4. **Racial Justice**! In June, the Smithsonian National Museum of African American History and Culture launched a digital exhibition called [Talking About Race](https://nmaahc.si.edu/learn/talking-about-race).  This project explores race through eight topic areas: [bias](https://nmaahc.si.edu/learn/talking-about-race/topics/bias); [being anti-racist](https://nmaahc.si.edu/learn/talking-about-race/topics/being-antiracist); [community building](https://nmaahc.si.edu/learn/talking-about-race/topics/community-building); [self-care](https://nmaahc.si.edu/learn/talking-about-race/topics/self-care); [race and racial identity](https://nmaahc.si.edu/learn/talking-about-race/topics/race-and-racial-identity); [social identities and systems of oppression](https://nmaahc.si.edu/learn/talking-about-race/topics/social-identities-and-systems-oppression); [whiteness](https://nmaahc.si.edu/learn/talking-about-race/topics/whiteness); and [historical foundations of race](https://nmaahc.si.edu/learn/talking-about-race/topics/historical-foundations-race).
5. **Mindfulness**! Ten Percent Happier’s [Coronavirus Sanity Guide](https://www.tenpercent.com/coronavirussanityguide) was an early entry into the pandemic well-being stream.  You can still access podcasts, meditations, and other talks for free.  And starting January 4, TPH will be running a [New Years Meditation challenge](https://www.tenpercent.com/challenge).
6. **Physical Well-Being**!  For some relief from WFH-induced hunched shoulders, tension headaches, and neck pain, try this quick and easy shoulder stretch, pulled from this [CNN article](https://www.cnn.com/2020/04/22/health/poor-posture-work-from-home-remote-wellness/index.html): *Perform a "shoulder square." With your head facing forward, move your shoulders forward, up, back and then down. Repeat this five times forward and then reverse five times*.
7. **Arts and Culture!**   The [Metropolitan Opera](https://www.metopera.org/) continues to offer free streaming operas during the week, along with other on-demand options.
8. **Racial Justice**! [How to overcome our biases? Walk boldly toward them](https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them/details?language=en).Diversity advocate Vernā Myers looks closely at some of the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from, the groups that make you uncomfortable.
9. **Emotional Well-Being**!  John Krasinski’s [Some Good News](https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug) was a popular outlet for, well, good news to offset all the 2020 craziness.  Even more good news: check out his [holiday special](https://www.youtube.com/watch?v=3GwU4GKzLXY) release!
10. **Emotional Well-Being**!  You want ALL the animal and nature webcams?  You got em:
    * New England Aquarium: [Giant Ocean Tank Webcam](https://www.neaq.org/visit/at-home-events-and-activities/webcams/giant-ocean-tank-webcam/)
    * San Diego Zoo: [Giraffe Cam](https://www.sdzsafaripark.org/giraffe-cam)
    * Cornell Lab of Ornithology: [All About Birds](https://www.allaboutbirds.org/cams/all-cams/)
    * Barnegat Light [Osprey Cam](https://youtu.be/DoaopEKPcRg)
    * [Polar Bears Cape East - Wapusk National Park, Manitoba, Canada](https://explore.org/livecams/three-bears/polar-bear-cape-churchill-cam-2)
    * [Ouwehand Park Polar Bear Cubs - Rhenen, Netherlands](https://explore.org/livecams/three-bears/polar-bear-ouwehand-twin-cubs-cam-2)
    * [Naked mole-rat cam](https://nationalzoo.si.edu/webcams/naked-mole-rat-cam)
    * From Monterey Bay Aquarium in California, [sea otters](https://www.montereybayaquarium.org/animals/live-cams/sea-otter-cam)!
    * From Wellfleet, MA, [Live Beach Cam](https://www.thebeachcomber.com/live-beach-cam/)
    * [Old Faithful](https://massgov-my.sharepoint.com/personal/bernardo_cuadra_mass_gov/Documents/Wellness%20committee/:%20https:/www.nps.gov/yell/learn/photosmultimedia/webcams.htm)
    * [Puppies](https://massgov-my.sharepoint.com/personal/bernardo_cuadra_mass_gov/Documents/Wellness%20committee/•%09:%20https:/explore.org/livecams/warrior-canine-connection/service-puppy-cam-3)! At the Warrior Canine Connection
    * [Jellyfish](https://massgov-my.sharepoint.com/personal/bernardo_cuadra_mass_gov/Documents/Wellness%20committee/•%09https:/www.montereybayaquarium.org/animals/live-cams/jelly-cam) from Monterey Bay Aquarium
    * Nature cam from [Save the Redwoods](https://www.savetheredwoods.org/get-involved/visit/virtual-redwoods/live-redwoods-webcam/).
    * Here’s a live cam of the [Mill River](https://www.webcamtaxi.com/en/usa/massachusetts/mill-river-northampton.html) in Northampton
    * [California’s Aquarium of the Pacific’s Shark Lagoon Cam](https://www.youtube.com/watch?v=LvfaMv9nbJc).
    * [Shark crafts](https://www.kixcereal.com/kix-cereal-clothespin-shark/) for kids!
    * [Houston Zoo’s Rhino Cam](https://www.houstonzoo.org/explore/webcams/rhino-yard-cam/).  You can even take control of the camera to move it around.
    * Watch the [Brown Bears of Katmai National Park in Alaska](https://explore.org/livecams/brown-bears/brown-bear-salmon-cam-brooks-falls) hunt for salmon.
    * Check out the surf conditions on [Nantasket Beach in Hull](https://www.northeastsurfing.com/hullcam/)
    * Follow the flight of birds of prey at Cape Cod Museum of Natural History’s [Osprey Cam.](http://www.ccmnh.org/Osprey-Live-Stream)
    * [Cape Cod’s shores](https://www.nps.gov/caco/learn/photosmultimedia/webcams.htm) beach webcams.
    * [WaddleWatch](https://www.sydneyaquarium.com.au/explore/virtualaquarium/tanktv/) webcam, livestreaming a sub-Antartic Penguin Colony from Australia.
    * Sherborn’s [Unity Farm has a web cam](https://www.unityfarmsanctuary.org/animals) of its animals, from pups to alpacas.
    * Have you seen the [Smithsonian Zoo’s cheetah cub cam](https://nationalzoo.si.edu/webcams/cheetah-cub-cam)? They were born in April.
    * Multiple [elephant park livestreams](https://explore.org/livecams/african-wildlife/tembe-elephant-park) from South Africa
    * How about a few [flying fox bats](https://explore.org/livecams/currently-live/flying-fox-bat-cam)?
    * [Nestflix](https://explore.org/livecams/birds/decorah-eagles) and chill.
    * [Great Spirit Bluff Cliff Cam](https://youtu.be/xYInTHcdkWc) from Minnesota
    * [Mississippi River Flyway Cam](https://youtu.be/DH0VmRsj05c)
    * Watch [cats](https://youtu.be/pvEuYcM0j6M) and [baby kittens](https://youtu.be/M5huFQWHyVI) at the Kitten Rescue Sanctuary in LA.

Honorable Mention: Taylor Swift’s [Folklore](https://open.spotify.com/album/2fenSS68JI1h4Fo296JfGr) and [Evermore](https://open.spotify.com/album/2Xoteh7uEpea4TohMxjtaq) (#sorrynotsorry)



Winter is here! So, what are we gonna do about it?

One approach is to be like the Norwegians and embrace winter every day with *friluftsliv*! What’s *friluftsliv* (pronounced “[free-loofts-liv](https://youtu.be/DJm3sn941rA)”) you ask? Well, the term loosely translates to free-air life, or open-air living. And the idea is to embrace the outdoors regardless of the weather simply by getting outside. The great thing about *friluftsliv* is that you don’t need a backpack or hiking boots or skis or Bear Grylls; stepping outside and looking at the snow and walking around for just a few minutes is enough. And from [Boston](https://www.bostonglobe.com/2020/10/29/lifestyle/can-friluftsliv-help-get-us-through-pandemic-winter/) to [Seattle](https://www.seattletimes.com/life/outdoors/we-belong-out-there-how-the-nordic-concept-of-friluftsliv-outdoor-life-could-help-the-pacific-northwest-get-through-this-covid-winter/), *friluftsliv* may help us cope—and even [thrive](https://www.nationalgeographic.com/travel/2020/09/how-norways-friluftsliv-could-help-us-through-a-coronavirus-winter/)—during this pandemic winter. Learn how *friluftsliv* [brings out the best in people](https://youtu.be/E02N3A68IF8), and even how just [looking at nature](https://greatergood.berkeley.edu/article/item/how_awe_makes_us_generous) can make us more generous.

So remember what the Norwegians say: *Det finnes ikke dårlig vær, bare dårlige klær!* Or, “There’s no such thing as bad weather, just bad clothing!”

And if you’re looking for some indoor entertainment this weekend, you can visit virtually with [Santa on Saturday](https://goreplace.org/whats-on/santa-tea), watch George Frideric Handel's [*Messiah* on Sunday](https://www.wgbh.org/foundation/saving-bostons-166-year-messiah-tradition), or paint with [Harumichi Shibasaki](https://www.youtube.com/channel/UCPiQ_mEXdEbB-3Yhiq7gq5w) (also called the [Japanese Bob Ross](https://www.cnn.com/2020/12/09/asia/shibasaki-japan-youtube-star-spc-intl/index.html)) whenever you want!