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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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