MINDFULNESS AND WELL-BEING GUIDE WHILE PHYSICAL DISTANCING

By the New York City Bar Association's Mindfulness & Well-Being in Law Committee

TAKE GOOD CARE OF YOURSELF WITH THESE HELPFUL RESOURCES

TAKE ONLINE COURSES
- Mindfulness for Lawyers
- The Science of Well-Being
- Mindfulness and Resilience to Stress at Work
- The Science of Success

KEEP CALM AND MEDITATE
- Daily meditations led by Committee Co-Chair, Cecilia B. Loving
  - Headspace
  - Inscape
- Morning & Evening Meditations

MOVE YOUR BODY
- Yoga led by Committee Member, Lisa Podemski
- Brooklyn Yoga Classes
- Skyting yoga, pilates and meditation courses
- Barre3 barre virtual courses
- Six things to do now by Anna Goldfarb

GET INSPIRATION FROM EXPERTS
- The Gift Exchange Podcast by Committee Member Sheila Azad
  - Healing by Thought Alone by Dr. Joe Dispenza
  - MindBodyGreen

READ, LEAD, SUCCEED
- God is a Lawyer Too: Ten Laws of Unlimited Success by Committee Co-Chair Cecilia B. Loving
- Rising Strong as a Spiritual Practice by Brené Brown
- The Holistic Lawyer by Ritu Goswamy

Remember, whenever it's available to you, just BREATHE. We are all in this together.