

Bar Talk – May 8, 2020

- Emergency/Executive Order updates
 - EO 51 establishes Economic Recovery Committee
- Guest: Acting Chief Justice Andrew Mead, SJC
- Business-side updates
 - MSBA
 - Sheriff Civil Service information available on www.mainebar.org/coronavirus
 - Lawyer Well-Being Week (May 4-8): today is emotional well-being <https://lawyerwellbeing.net/lawyer-well-being-week/>
 - upcoming guests: DA Natasha Irving (District 6) on 5/11; Bill Nugent on 5/12; Judge Paul Aranson on 5/14; Aria Eee on 5/15
- Personal-side updates
 - journal: thankful for mothers
 - Happy Mother’s Day on Sunday, May 10
- Questions/requests: MSBA can liaise – please send to aarmstrong@mainebar.org

Lawyer Well-Being Week: Friday

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FEEL WELL: Emotional Well-Being
HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



WATCH THIS: Jon Krop's Lawyer Well-Being Channel video: [Anxiety Toolkit: Mindfulness Practices to Reduce Anxiety in Trying Times](#)

READ THIS: Diana O'Brien and Jen Fisher's Harvard Business Review article: [5 Ways Bosses Can Reduce The Stigma of Mental Health At Work.](#)

DO THIS: Complete the [2-Minute Stress Relief Activity Guide](#) and post about your experience on social media using the hashtag #LawyerWellbeingWeek. Have fun!

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"Just one small positive thought in the morning can change your whole day." – Dalai Lama
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