Additional resources | mindfulness and well-being:

- ABA YLD Health and Wellness Initiative: #Fit2Practice
  http://www.americanbar.org/groups/young_lawyers/initiatives/fit_to_practice.html


  “[P]racticing mindfulness . . . helps to decrease the impact of stress on your body, allows you to manage anxiety better, and lowers blood pressure and a host of stress-related psychosomatic symptoms.”


  - Mindfulness Resources (at p. 15)
  - Scott Rogers, Mindfulness in Law and the Importance of Practice (at p. 10) | Including a 5-step sample “Mindfulness Instruction: Awareness of Breath”
  - Judge Alan S. Gold, The Art of Being Mindful in the Legal World: A Challenge for Our Times (at p. 16) | “In sum: stop, breathe, notice, reflect, and then respond.”

  “[A] non-profit corporation formed in 1986 in response to the Florida Supreme Court’s mandate that a program be created to identify and offer assistance to bar members who suffer from substance abuse, mental health, or other disorders which negatively affect their lives and careers (Bar Rule 2-9.11).”


  mindful Resources Directory: [http://www.mindful.org/resources/](http://www.mindful.org/resources/)

  “**What Is Mindful?** Mindful is the voice of the emerging mindfulness community. [They are] the place to go for insight, information, and inspiration to help us all live more mindfully. From [their] flagship bi-monthly Mindful magazine . . . to [their] MindfulDirect video, conferences, and collaborations, [their] activities support people seeking to learn more as well as those leaders working to bring genuine mindfulness practices into the mainstream.”

- The Mindful Lawyer, [www.themindfullawyer.com](http://www.themindfullawyer.com)

- Mindfulness for Lawyers, [http://www.mindfulnessforlawyers.com](http://www.mindfulnessforlawyers.com)

  Designed specifically for lawyers and law students by Jon Krop, a Harvard-educated lawyer and mindfulness expert to help lawyers and law students reduce stress and improve productivity through mindfulness, a simple mental practice derived from meditation.

➢ MindWell, http://mindwellcc.com/

   Provides “life enhancement strategies to professionals and companies focused on attaining sustainable success and emotional equilibrium, by improving physical wellness, emotional stability and mental health.”

➢ Panther Dining

   Sustainability Initiatives: http://gogreen.fiu.edu/_assets/documents/topics/panthers-dining-sustainability.pdf

   Healthy for LIFE™ Just4U®: Nutrition highlights program to help you find the foods that are best for you and your lifestyle – http://fiu.campusdish.com/EatWellContent/NutritionHighlights.aspx.

➢ PAWS, http://hr.fiu.edu/index.php?name=paws

   Sign up for Panthers Active Wellness Services podcasts and newsletters for event updates, well recipes and more – http://hr.fiu.edu/index.php?name=news_events.