



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
- The Anxious Lawyer, <http://theanxiouslawyer.com/>
- Debra Bruce, *Two Ways Lawyers Can Deal with Stress and Anxiety*, Solo Practice University Blog, Aug. 18, 2016, <http://solopracticeuniversity.com/2016/08/18/two-ways-lawyers-can-deal-with-stress-and-anxiety/>.
- Jeena Cho, *Why Every Lawyer Should Be Practicing Mindfulness (Part I)*, Above the Law, Apr. 20, 2015, <http://abovethelaw.com/2015/04/why-every-lawyer-should-be-practicing-mindfulness-part-i/>.

"[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."
- Jeena Cho, *Why Every Lawyer Should Be Practicing Mindfulness (Part II)*, Above the Law, Apr. 27, 2015, <http://abovethelaw.com/2015/04/why-every-lawyer-should-be-practicing-mindfulness-part-ii/>.
- THE FLORIDA BAR JOURNAL – *Special Issue: Mindfulness*, [Vol. 90, No. 4 \(April 2016\)](#).
 - **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."

- Florida Lawyers Assistance – <http://fla-lap.org/>

"[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)."

Also available to law students – <http://fla-lap.org/fla-law-students/>.

FLA student brochure available at <http://fla-lap.org/wp-content/uploads/2009/08/Brochure-Student.pdf>.

- Jan L. Jacobowitz, *The Benefits of Mindfulness for Litigators*, ABA Litigation Magazine, Spring 2013 Vol. 39 No. 2, http://www.americanbar.org/publications/litigation_journal/2012_13/spring/benefits-mindfulness.html.
- Alan M. Lerner, *Using Our Brains: What Cognitive Science and Social Psychology Teach Us About Teaching Law Students To Make Ethical, Professionally Responsible, Choices*, 23 QUINNIPIAC L. REV. 643 (2004), available at <http://ssrn.com/abstract=647709>.
- Valerie L'Herrou, *No Longer Extraordinary: Multitasking vs Mindfulness*, Ms. JD Blog, Oct. 6, 2014, <http://ms-jd.org/blog/article/multitasking-vs-mindfulness>.
- Mindful: <http://www.mindful.org/>

mindful Resources Directory: <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
- Mindfulness for Lawyers, <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.

- The Mindfulness Project, <http://www.londonmindful.com/about-mindfulness>

- 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.