FEEL WELL: Emotional Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?

oaap
Oregon Attorney Assistance Program

WATCH THIS: Cultivating Unconditional Self-Worth, by Adia Gooden

When a person demands perfection of herself or himself, anything less can feel like failure. Adia Gooden knows this from experience. In addition to her work as a staff psychologist at the University of Chicago, she's learned in her own life how to break negative thought patterns and live more freely. She shares those lessons in her talk: "Cultivating Unconditional Self-Worth."

READ THIS: Hanson, Rick (2009) Taking In the Good

Taylor, Bill (2020) Don't Let Negativity Sink Your Organization

DO THIS: Having compassion for oneself is really no different than having compassion for others. Think about what the experience of compassion feels like. Take yourself through this self-compassion guided practices and exercises to identify the elements and mindful practices of self-compassion.

Join us on **Friday, May 5, from 11:30 a.m. to 12:15 p.m.,** for an informal chat about well-being, fostering connections, and how to carry these practices forward. Meet virtually on Zoom with colleagues and OAAP Attorney Counselors Bryan Welch, Doug Querin, and Kyra Hazilla. More info is HERE.

"Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it." **-Vincent van Gogh**