

WELLNESS WEEK 2021

Monday, January 25 | 12:50 PM - 1:20 PM CST

Mindfulness Meditation with Professor Cliff Zimmerman

Join Professor Cliff Zimmerman for a quick 30 minute meditation session. Mindfulness meditation is a great way to check-in with yourself, clear your mind, and set intentions for the day. This session will be quick so you can stop in, get what you need, and get on with your day.

<https://northwestern.zoom.us/my/nlawproud>

Monday, January 25 | 5 PM - 6 PM CST

Yoga for Law Students

Join in on a virtual yoga class with our amazing yoga instructor and 2L, Marlee Rich. Yoga sessions are open to all levels. All you will need is a space to move around in and your yoga mat.

<https://northwestern.zoom.us/my/bewell>

Wednesday, January 27 | 12 PM - 1PM CST

Introduction to Emotional Freedom Technique (EFT): Meridian Tapping for Stress Reduction and Management

Today's informative session will focus on the Emotional Freedom Technique (EFT) or Meridian Tapping. By using your fingers and tapping on the same acupressure meridian points used in acupuncture while talking about something upsetting or challenging (whether it is stress, physical pain, a fear, etc.), you can safely and naturally signal your nervous system to stop a stress response and move into a more relaxed, calm state.

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Wednesday, January 27 | 6 PM - 6:45 PM CST

Current Vibrations Sound Meditation

Join us for a sound meditation designed to support the overall well-being of Northwestern students. Take this opportunity to lay down, close your eyes, and allow the powerful frequencies of the crystal singing bowls to interact with your body on a cellular level. Take a moment for yourself to shed built-up anxiety, anger, and fear. Let go of everything you are trying to do and all that you think you know, and JUST BE.

https://www.youtube.com/watch?v=jm_bypyo7M0

Thursday, January 28 | 12:50 PM - 1:20 PM CST

Mindfulness Meditation with Professor Len Riskin

Join Professor Len Riskin for a 30-minute mindfulness meditation session. Mindfulness is the ability to be present, to rest in the here and now, fully engaged with whatever we're doing in the moment so take step away from class and take some time for yourself by joining us!

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Friday, January 29 | 12 PM - 1PM CST

The Healthy Remote Law Student: Develop a Strategic Plan to Maintain Focus and Improve Well-Being While Working from Home

The added stress of family responsibilities and isolation when working remotely can threaten a law student's focus, stress management capabilities, and overall well-being, but does not have to. Working remotely can be a productive and healthy experience when we understand how to optimize our workdays and apply science-based techniques that account for our needs as a whole person. Join this session to learn more about making remote work a healthy and effective experience for you.

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Friday, January 29 | 6 PM - 6:40 PM CST

Cardio HIIT

This 40-minute class will be a combination of cardio and strength moves. Most of our work will be done in intervals to increase heart rate in bursts. You can expect to move, sweat, hear good music and have fun! No equipment is needed.

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Be Well

*Northwestern Pritzker
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Please contact bewell@law.northwestern.edu with any questions.