

Well-Being Articles Featured in HSBA E-Newsletters

[2 Behaviors that Promote Mental Health Stigma at Work](#)

by Mackie Jones, *President, Planning Services Hawaii*

[4 Things Gen Z and Millennials Expect from Their Workplace](#)

by d O'Boyle, *Gallup.com*

[5 Things You Should Do First Thing In The Morning To Be Happier All Day](#)

by Catherine Pearson, *HuffPost*

[6 ways to reduce anxiety about going back to the office](#)

by Gwen Moran, *FastCompany*

[7 Science-Based Strategies to Cope with Coronavirus Anxiety](#)

by Jelena Kecmanovic, *Adjunct Professor of Psychology, Georgetown University*

[7 Small Ways to Talk about Mental Illness at Work](#)

by Annie Fields, *The Mighty*

[8 Strategies to Set Up Remote Work During the Coronavirus Outbreak](#)

by Marten Mickos, *CEO of HackerOne*

[Coping with Stress for Workers](#)

by *Centers for Disease Control and Prevention*

[Coronavirus and Your Mental Health: Two Experts Explain Why we panic and how to cope](#)

by Joanna Chiu, *Vancouver Bureau*

[Exercise Improves Sleep](#)

by Debra Austin, *JD, PhD*

[Employee Wellness Training: 5 Ways to Build Resilience](#)

by Mackie Jones, *President, Planning Services Hawaii*

He's Battled COVID-19 as a Doctor and a Patient. The Emotional Toll, He Hays, is the Untold Story

by Mahealani Richardson, *Hawaii News Now*

How Do You Keep Down Your Stress Levels at the Office?

by Stephen Rynkiewicz, *ABA Journal staff*

How Lawyers Can Cope with Vicarious Trauma

by Jeena Cho, *American Bar Association*

In Focus: Lawyer Well-Being

by *Bloomberg Law*

It Takes a While to Adjust: Recognizing the Pandemic's Long Term Mental Health Impacts and How to Find Help

by Maggie More, *NBC Los Angeles*

Know the Signs of Stroke

by Mackie Jones, *Planning Services of Hawaii*

Let's Break the Stigma Surrounding Mental Illness by *The Florida Bar Young Lawyers Division*

Maintaining a Sense of Humor to Cope

by Elizabeth Scott, MS, *verywellmind*

May is Mental Health Month, and Lawyers are Among Those Seeking Help

by *Hawaii News Now*

New Study Says Working Long Hours Kills About 745,000 People Per Year

by Catherine Pearson, *HuffPost*

Online and Telephone Support Groups

by *National Alliance on Mental Health Awareness*

Psychologist shares tips on how to rewire your brain, get healthy again as society reopens

by Wendy Ryan, *ABC Action News Tampa Bay*

Returning to the office stirs anxiety among workers

by Lini S. Kadaba, The Inquirer

Stress Management

by Mayo Clinic Staff, MayoClinic.org

Stress, drink, leave: An examination of gender specific risk factors for mental health problems and attrition among licensed attorneys

by Patrick Krill,, Krill Strategies LLC

Suicide: What to Do When Someone is Suicidal *by Mayo Clinic Staff, MayoClinic.org*

Taking Care of Your Mental Health in the Face of Uncertainty

by Doreen Marshall, Ph.D., AFSP Vice President of Mission Engagement

That Feeling You Can't Name? It's Called Emotional Exhaustion.

by Alia E. Dastagir, USA Today

The Leader's Guide To Managing COVID-19 Panic

by Jan Bruce, Forbes Contributor

The Urgency of Sleep and Well-Being

by Robin Wolpert, Bench & Bar of Minnesota

What Management Can Do in The Time of Social Distancing – Connect!

by Kim Payton, Organizational Psychologist, Ph. D

Work addiction is real - here's how to kick the habit

by Leks Drakos, The Ladders

What negotiating trauma looks like from both sides of the bench

by Mallika Kaur, Esq.