

**September is
Self-Improvement Month!**

Six tips to help you begin the fall season with a focus on your personal well-being.

But It's What I Really Wanted
Full BBC article

Give Yourself a Few Minutes
Harvard Medical School offers six relaxation techniques to relieve stress.

Make Your Bed
A powerful 20-minute commencement speech by Naval Admiral William H. McRaven, ninth commander of U.S. Special Operations Command, on how one person can influence so many.

"Oh Behave!"
It's not just for Austin Powers. Seven behaviors of people who make a difference in the world.



A Funny Truth



insta_lawyers



The Alex Nevil
@TheAlexNevil

Looking forward to Hallmark's holiday offering "A Very COVID Christmas," when a big city lawyer and a country candle maker accidentally meet when they go to the wrong zoom meeting.

But It's What I Really Wanted

As quarantine slowly lifts across workplaces and communities, many of us are surprised with the pregnant pauses we feel about returning to some of our norms. What is the cause of such apprehension? It turns out that many of us have experienced our bodies being stuck in high idle as we went through quarantine. This can leave you irritable, sad, and exhausted. You cannot suddenly return to your old self, instead remaining in this elevated state of stress, but with less social isolation intact.

Many had to come to the realization that we are somewhat powerless during a pandemic. We can wear masks, social distance, and wash hands, but there is still a perceived risk. Returning to our routines will provide structure to our days, but not completely remove the risk factors as long as COVID-19 infections and deaths remain active.

On the other hand, some individuals experienced a more peaceful lifestyle being confined to their homes. Many have enjoyed having more sleep, just signing-on to their laptop to begin their workday. There is less/no commute time to drive to and from work. You can sign-off from the workday and bam, you're home to be with your family and start dinner.

Others experienced the opposite with marital strife and even domestic abuse numbers increasing. COVID-19 has also triggered relationship issues for many who already had underlying tensions that were exacerbated by long periods together within confined quarters. Parents are having to weigh education decisions. Others have been furloughed, permanently lost employment, or closed business that took years to build, all experiencing the financial insecurity that comes with this.

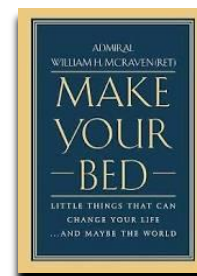
As we resume our routines, it is important to remember to choose to accept the present, accepting some anxieties still exist. Your reaction to your anxiety has the potential to increase your resilience. It might help to understand that anxiety is a signal for *potential* danger, not *imminent* danger. We might be isolated at junctures due to quarantine, but no one is left out of the COVID-19 equation. The pandemic has shown us we are human, we will struggle, and sometimes we must realize that this is okay.

The Winner's Corner



Jesse Fisher wins this month's self-care gift card!

Book Club



Admiral William McRaven offers wisdom on how the little things in life can add up.