Michigan Law African American Alumni 2021 Virtual Reunion
Health and Wellness Panel

Resources referenced by the panelists in the video recording:

- **Articles:**
  - [Well-Being Toolkit for Lawyers and Legal employers](https://www.abanet.org) (ABA)
  - [Report from the National Task Force on Lawyer Well-Being - The Path To Lawyer Well-Being: Practical Recommendations for Positive Change](https://www.abanet.org) (ABA)
  - [The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys](https://www.journalofaddictionmedicine.com) (Journal of Addiction Medicine)

- **Books:**
  - [Emotional Agility](https://www.amazon.com) by Susan David
  - [Burnout: The Secret to Unlocking the Stress Cycle](https://www.amazon.com) by Emily Nagoski, PhD and Amelia Nagoski, DMA