

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](#) (ABA)
 - [Report from the National Task Force on Lawyer Well-Being - The Path To Lawyer Well-Being: Practical Recommendations for Positive Change](#) (ABA)
 - [The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys](#) (Journal of Addiction Medicine)

- Books:
 - [Emotional Agility](#) by Susan David
 - [Burnout: The Secret to Unlocking the Stress Cycle](#) by Emily Nagoski, PhD and Amelia Nagoski, DMA