**12. Law Lab- Wellbeing: Cultivating different types of rest for a peak performance**

10 Tips for Mindfulness and Well-being

<https://www.accdocket.com/10-tips-mindfulness-and-well-being?_ga=2.54529390.492614803.1647836118-635196432.1598997759>

Being Mindful About Stress

<https://www.accdocket.com/being-mindful-about-stress?_ga=2.12963058.492614803.1647836118-635196432.1598997759>

Beyond Stressed: A Lawyer’s Guide to Managing Mental Health

<https://www.accdocket.com/beyond-stressed-lawyers-guide-managing-mental-health?_ga=2.49783267.492614803.1647836118-635196432.1598997759>

Positively Legal: How Nature Can Reduce Mental Fatigue

<https://www.accdocket.com/positively-legal-how-nature-can-reduce-mental-fatigue?_ga=2.12510705.492614803.1647836118-635196432.1598997759>