



## Spencer Fane Women ADVOCATE Hosted Expert on Cultivating Well-Being

The Spencer Fane Women ADVOCATE Committee was pleased to host Dr. Shilagh Mirgain, a distinguished psychologist in the Department of Orthopedics and Rehabilitation at the University of Wisconsin's School of Medicine and Public Health, for its quarterly meeting on August 23.

During the internal webinar, Cultivating Well-Being During – and After – the COVID-19 Pandemic, Dr. Mirgain shared tips for safeguarding mental health, tools to include in a personal resilience kit, and practical guidance on how to strengthen connections for healthy workplace teams.

The prolonged stress experienced during the pandemic continues to have a significant impact on our mental and physical health. A new skill set is needed to thrive in today's rapidly changing world.

The audience learned how to build in micro-breaks throughout the workday, to battle negativity bias in everyday life, and the 5:3:1 positivity ratio (five minutes of meditation, three pieces of gratitude, and one act of kindness daily) for healthy living.

Women ADVOCATE is an affinity group within Spencer Fane that aims to advance women within the firm and in their civic and business communities. ADVOCATE is an acronym for "Advise. Develop. Visualize. Own. Champion. Advance. Thrive. Engage." Recognizing that the sustained success of our female lawyers supports a competitive advantage for the firm, Women ADVOCATE is dedicated to the recruitment, retention, and advancement of Spencer Fane's female attorneys.

Learn more about the firm's Diversity, Equity, and Inclusion efforts [here](#).