

CLEARY GOTTLIEB

CG HOLISTICALLY

CONNECTION / GUIDANCE / SUPPORT / HEALTH

August 10, 2021

CG Holistically

A note about our monthly digest: We aim to feature a broad and diverse range of external resources related to mental, physical, emotional and spiritual well-being. There is more lighthearted content, and also some challenging and potentially more emotional content. We encourage you to review the options and engage with the material that best supports your personal preference, mental health and well-being at this time.

Connection.

We invite you to help us all connect across our commutes! Anticipating that many of us will be commuting more frequently in the coming months, the Well-Being team is compiling recommendations to help us maximize and enjoy our time in transit. Please share the podcasts, playlists, books, games, apps and more that entertain, educate, and elevate your commute. And keep an eye out for the summarized recommendations! Send your favorites to Global-Well-Being@cgsh.com by **August 20th**.

With close of the 2020 Tokyo Olympics, we reflect on the spirit of unity and connection the games can bring across the globe. In this unusual Olympic experience of Covid-19 delays, few live spectators, and focus on physical health and safety, another unexpected and powerful theme emerged: prioritizing mental health.

US Gymnast Simone Biles is the most decorated American gymnast in history. Coming into this year's games, Biles was favored to win additional medals and dominate the competition - until she took herself out of several events to prioritize her **well-being and mental health**. This tough decision says a lot about Biles' self-awareness of her own **physical and mental state**, and it's also a compelling example of just how significant the mind-body connection really is. Physical and mental well-being go hand in hand, to some degree we don't experience one without the other. After



Photo from Agência Brasil Fotografias - EUA levam ouro na ginástica artística feminina; Brasil fica em 8º lugar.

taking some time to focus on her mental health and physical safety, Biles finished the Tokyo games on the podium, **winning a bronze** in the balance beam.

This year's Olympics provide an important reminder that all of us – even elite athletes - **experience pressures**, and we need to connect to and care for ourselves to truly function at our best. Try some of these **techniques** and **tools** to help you and your team manage during times of high stress and pressure. As you might imagine, elite athletes make it a priority to address and mitigate their own stress levels. Check out the **Olympic State of Mind** to learn more about the techniques we can leverage from their toolkit.

Guidance.

Many of us experience anxiety around our finances- up to **80% of millennial Americans** have money related stress and anxiety according to some studies! There are a lot of reasons we experience financial stress, and the challenges we face and solutions that work best are deeply personal. In the past year, many of us have seen fluctuations in our budget whether from changes in income or different spending habits because of social restrictions. As we begin to re-enter social spaces and opportunities, it's a great time to start actively assessing our finances and re-evaluating our habits. If you are considering creating or adjusting a personal budget, first take some time to think about **your individual goals and values**. Our values and priorities often shift throughout life, and our budget should reflect these changes.



Photo courtesy of Vecteezy

Once you understand your priorities for saving and spending, start to think critically about how you will accomplish your goals, and develop a **budget accordingly**. For many of us, creating (and then sticking to!) a budget can seem daunting. Fortunately, there are a variety of **digital resources** to help you figure out the best way to manage your finances. Depending on your circumstances and current level of financial savvy, you might benefit from working with a **financial advisor**. Check with your local HR or Benefits team to see if your office offers an Employee Assistance Program or similar resource that can help connect you to a financial advisor.

Support.



Photo courtesy of Vecteezy

Back to school is always a busy time, with a lot of things for parents and students to consider. This particular school year will have its own set of challenges as some children may have not been in a formal classroom since early 2020, others have been in smaller cohorts than usual, and some have had shorter school days and now will need to adjust. While some children may be excited to head back to the classroom and catch-up with friends, others might be hesitant or anxious about the “next normal.”

The [Mental Health Foundation](#) provides some great [resources](#) to talk with your child about how they are feeling and build their resilience before heading back to school. In addition, the [Child Mind Institute](#) provides some tools to help children with separation anxiety prepare to spend time away from their parents. For those interested in learning more, [Bright Horizons](#) will be providing a talk about “[Preparing for Back to School](#)” on August 18th at 3:00 p.m. ET (please note this session is US focused).

Health.

Navigating a healthy relationship to sun exposure can be tricky. Getting enough sunlight can be helpful to maintain your [Vitamin D levels](#), but too much can lead to sunburns and skin damage. According to the [Skin Cancer Foundation](#), skin cancer is the most common type of cancer globally and rates are only increasing. The [World Health Organization](#) notes the global rate of skin cancer has been increasing in recent decades, with roughly 2 to 3 million cases each year. While many of us consistently remember to use our sunscreen in the summer, protecting our skin is a practice we should follow year round.



Courtesy of Vecteezy

While the prevalence of skin cancer is high, there are actions you can take to minimize risk, such as learning more about your [risk factors](#) for developing skin cancer. Some risk factors are hereditary, like your complexion and family history, others you can eliminate, like smoking or using a tanning bed. You can also adopt [healthy sun practices](#), such as wearing hats and seeking shade during peak sun hours. Finally, talk to your dermatologist about a [skin cancer screening](#) and how to monitor your skin health at home.

As a reminder, we have live weekly meditation sessions with former lawyer and meditation expert, Jon Krop every Wednesday at 3:00pm GMT and 3:00pm EST. Please [click here](#) for more information and to register.

We hope you enjoyed the August edition of the CG Holistically digest and invite you to contribute to future editions! Please send content ideas, links, recommendations or feedback to Global-Well-Being@cgsh.com.

