

# Student Perspectives on Well-Being Resources

## Courses and Articles

- Mindfulness Practice for Law School  
<https://www.cali.org/lesson/18209>
- 15 of the Best Health Podcasts for Brain, Body, and Spirit  
<https://www.healthline.com/health/best-health-podcast>

## Podcasts

- The Path to Law Student Well-Being Podcast Series  
[https://www.americanbar.org/groups/lawyer\\_assistance/events\\_cle/path\\_to\\_law\\_student\\_well-being\\_podcast\\_series](https://www.americanbar.org/groups/lawyer_assistance/events_cle/path_to_law_student_well-being_podcast_series)
- The Path to Well-Being in Law Podcast  
<https://lawyerwellbeing.net/podcast>
- The Resilient Lawyer Podcast: Jeena Cho  
<https://jeenacho.com/category/podcast>  

Jeena Cho is a first-generation lawyer and a Korean-American immigrant. She combines mindful meditation, coaching, and somatic practices to create conditions where lawyers can liberate themselves from perfectionism and overwork and truly belong to themselves authentically. Her work is deeply rooted in social justice and anti-oppression work.
- Daily Matters Episode 73: Lawyer Wellness and Mental Health  
<https://www.clio.com/podcast/lawyer-wellness-and-mental-health>

