



Tip of the Month July 2020

Home is Where the Health Is

Submitted by: Lawyers Concerned for Lawyers

Staying home and staying healthy is on everyone's mind these days. As the weeks have stretched into months, engaging with our world looks different than ever before for many of us. Lawyers Concerned for Lawyers – Minnesota's Lawyers Assistance Program for lawyers, judges, law students, and their immediate family members – compiled a list of resources to keep our minds and bodies healthy while we isolate.

Nature and Exercise

[Take a Virtual Vacation at ExploreMinnesota.com](#)

[Birding in Minnesota](#)

[Biking Trails in Minnesota](#)

[North Shore Lunch or Evening Getaway](#)

[Virtually Tour Minnesota State Parks](#)

[Virtually Explore the World](#)

[Adopt a Highway](#)

[Free Virtual Yoga](#)

[Free Fitness Videos](#)

Museums and Landmarks

[Explore Minnesota's National Historic Landmarks](#)

[Science Museum of Minnesota's Learn from Home](#)

[Minnesota Museum of American Art: The M @ Home](#)

[Minneapolis Institute of Art – Art From Home](#)

[Minnesota Children's Museum: Virtual Art for Home](#)

Gardening

[Grow a Victory Garden](#)

[University of Minnesota Master Gardener Program](#)

[Vegetable Gardening for Beginners](#)

Minnesota's Best Medicine

[Ole and Lena Jokes](#)

[How to Talk Minnesotan](#)

Direct Services

Lawyers Concerned for Lawyers Services

651-646-5590; 877-525-6466 (toll-free)/www.mnlcl.org/mhelp@mnlcl.org/www.facebook.com/mnlcl

Lawyers Concerned for Lawyers is Minnesota's Lawyers Assistance Program for lawyers, judges, law students, and their immediate family members. We offer free, confidential help with addictions, mental health issues, chronic stress, and personal and career-related issues. Our services include: 24-hour crisis response; professional assessments and referrals; interventions; short-term counseling; support groups; peer support; and education.

Sand Creek EAP

651-430-3383; 888-243-5744 (toll-free)/www.sandcreekeap.com

LCL's Employee Assistance Program Partner, Sand Creek, telephonic and virtual counseling. You can speak with a counselor 24/7 by calling Sand Creek directly. Additionally, they host a website with articles and resources in many areas including frequently updated information on COVID-19. Go to www.sandcreekeap.com and click on "EAP WORK/LIFE PORTAL" to use or create your account. Use the Company Code "lawyers" when creating your account.