“The key to my well-being now is . . .”

Strategies from Miami Law faculty and administrators to manage stress and stay balanced during the pandemic
“The key to my well-being now is to do good in everything I do and to help others cope with the pandemic.”

Sergio Campos
Professor of Law
“The key to my well-being now is keeping a strict news diet while gorging on trying to make a difference.”

Stephen Schnably
Professor of Law
“The key to my well-being now is recognizing those moments when I am not ok, confiding in someone, and accepting their help.”

Andrew Dawson
Professor of Law and Vice Dean for Academic Affairs
“The key to my well-being now is practicing patience.”

Robert Rosen
Professor of Law
“The key to my well-being now is remembering to keep my hand as firmly as I can on the rudder of life’s boat, especially when the waves are stronger than ever.”

Harold Flegelman
Director of the Entertainment Track, Graduate Program in Entertainment, Arts & Sports Law
“The key to my well-being now is perspective and perseverance.”

K. Renée Schimkat
Professor of Legal Writing
“The key to my well-being now is to constantly remind myself about what is important in life.”

Paula Arias
Director, International Moot Court Program
“The key to my well-being now is walking 10,000 steps every day, which connects me to my senses and enables me to keep the daily challenges in perspective.”

Janet Stearns  
Dean of Students
“The key to my well-being now is taking an hour of time for myself each day to step outside and enjoy our beautiful surroundings on a walk, run, or bike ride.”

Teresa Verges
Director, Investor Rights Clinic
“The key to my well-being now is a happy marriage and engaging career, along with diet, exercise, weight control, and early investments, specifically, a mostly low-salt, plant-based diet, daily 10-mile dawn bike rides, and low-expense-ratio index funds.”

Thomas Robinson
Professor of Law
“The key to my well-being now is exercise, healthy food, sleep, and lots of love from my dog, cat, and daughter (even if she’s sometimes naughty).”

Tamara Lave
Professor of Law
“The key to my well-being now is playing and cuddling with my new puppy and taking time every day to meditate—even if it’s just for two minutes.”

Jill Barton
Professor of Legal Writing and Director, Legal Communication & Research Skills Program
“The key to my well-being now is my morning routine: getting up extra early and praying, meditating, journaling, and a super-hot shower followed by a super-cold shower.”

Marcia Narine Weldon
Professor of Legal Writing
“The key to my well-being now is fresh air and exercise . . . preferably while listening to dance music (my serenity even during ‘normal’ times)!

Amy Perez
Director of Student Life
“The key to my well-being now is rocking out to our class playlist!”

Kathleen Claussen
Associate Professor of Law
“The key to my well-being now is eating healthy, going on long runs, and staying connected to family and friends.”

Caroline Bettinger-Lopez
Professor of Law and Director,
Human Rights Clinic
“The key to my well-being now is a good night’s rest, filtering out most of the media noise, weekly video calls with my sister-cousins, not being too hard on myself, running, and above all else gratitude.”

Kele Stewart
Associate Dean for Experiential Learning, Professor of Law, and Co-Director, Children & Youth Law Clinic
“The key to my well-being now is staying connected to relatives and friends through phone calls and Zoom chats.”

Annette Torres
Professor of Legal Writing
“The key to my well-being now is taking time every day to disconnect and spend time with the people I love.”

Shara Pelz
Professor of Legal Writing
“The key to my well-being now is taking yoga classes a few times a week and shutting off all electronics during that time.”

Cheryl Zuckerman
Professor of Legal Writing
“The key to my well-being now is Sweet Delights key lime pie.”

Andres Sawicki
Professor of Law
“The key to my well-being now is scheduling short breaks throughout the day (and always taking those breaks, even when I’m very busy).”

Alex Schimel
Director, Academic Achievement Program
“The key to my well-being now is managing expectations.”

Christie Anne Daniels
Visiting Professor of Legal Writing
“The key to my well-being now is being kind and forgiving to myself.”

Jarrod Reich
Professor of Legal Writing
“The key to my well-being now is to find a moment every day to let nature reassure me that whatever craziness we humans wrought, the birds will sing their hymns, the sun will flitter through the palm fronds, and a tropical moon will promise mystery (hat tip to Yeats’ *The Lake Isle of Innisfree*, go read it now!).”

Scott Sundby
Professor of Law and Dean’s Distinguished Scholar
“The key to my well-being now is envisioning brighter days ahead.”

Christina Frohock
Professor of Legal Writing