



# LAWYER WELL-BEING WEEK

MAY 4-8, 2020

MON



**STAY STRONG**

Physical Well-Being

TUES



**ALIGN**

Spiritual Well-Being

WEDS



**ENGAGE & GROW**

Career & Intellectual Well-Being

THURS



**CONNECT**

Social Well-Being

FRI



**FEEL WELL**

Emotional Well-Being

# LAWYER WELL-BEING WEEK ACTIVITY PLANNING GUIDE

1

Activity Title:	Two-minute Stress Relief Cards
Well-Being Dimension:	Emotional
Complexity Rating (1 to 3):	1 2 3
Required Resources/Materials:	Copies of the attached Stress Relief Cards
Authors:	Renee Branson, Renee Branson, RB Consulting, LLC, rb@reneebranson.blog, www.reneebranson.blog

## LEVEL ONE (INDIVIDUAL PRACTICE)

### Activity Objective:

To provide suggestions for quick, easy ways to reduce tension and stress in the middle of the workday.

### Well-Being Connection (How/Why Does this work?)

#### Procedure

a. Preparation	Make copies of the attached Two-Minute Stress Relief Cards on postcard-sized card stock. Plan on where and how to distribute cards. Suggested locations: kitchen/ cafeteria, workrooms, in mailboxes, bathrooms, conference rooms.
b. Day-of:	Send an email alerting people that they will begin seeing the Two-Minute Stress Relief Cards around the office. In the email, inform them that even a couple of minutes a day can help reduce levels of cortisol, the hormone that creates stress.
c. eFollow-up:	Send a follow-up email asking for feedback about how people have included the ideas into their routine. Ask them to share some of their own ideas for quick relaxation.

### Suggestions for Resources

1. RB Consulting, LLC- Renee Branson conducts resilience workshops that focus on self-care and the hierarchy of needs. www.reneebranson.blog, rb@reneebranson.blog, 434-326-6620.

# 2 MINUTE *stress relief*



*Let your mind wander...*



DRAW  
A  
DOODLE!

BREATH~  
INHALE 4 COUNTS  
HOLD 4 COUNTS  
EXHALE 8 COUNTS

get up and...  
STRETCH

