



# 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:	The Gratitude Challenge
Well-Being Dimension:	Social
Complexity Rating (1 to 3):	① ② ③
Required Resources/Materials:	Personal Journal
Author:	Shannon Callahan, JD, CPC, Nixon Peabody LLP, scallahan@nixonpeabody.com

### Activity Objective:

To lift individual feelings of optimism and thankfulness by cultivating a gratitude practice for 21 days.

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

#### How does gratitude help me?

Gratitude enhances one's well-being. Truly, gratitude is like a life upgrade in feelings, thoughts and actions. Research has shown:

- Feelings: The more grateful one is, the happier one will be.
- Thoughts: Gratitude provides a more optimistic point of view toward our own experiences, relationships, and even others' personalities and behaviors.
- Action: Gratitude enhances our positive social emotions and helps us pay our gratitude forward to others we know – and even those we do not know.

Want more evidence? Here are some great examples of the impact practicing gratitude can have:

- 21 days of gratitude can change your mindset, increase well-being and form a new healthy habit.
- People who practice gratitude once a week for ten weeks report feeling happier.
- People who practice gratitude spend more time exercising and have fewer health complaints.
- Feelings of gratitude gives us a sense of well-being that trigger the calming branch of the nervous system and takes us out of our fight or flight/ stress response.
- Gratitude can help us sleep better and lower blood pressure. Some older adults who had early stage heart failure even had more consistent heart rates and lower levels of disease-causing inflammation when they regularly kept gratitude journals.
- Writing even three letters of gratitude over the course of three weeks caused study participants to report significantly better mental health for 4 weeks and then 12 weeks after the conclusion of one study.
- Gratitude shifts attention away from negative, toxic emotions.

(Source: [Greater Good Science Center \(2018\). The Science of Gratitude. White Paper.](#))

### Procedure

a. Preparation	Buy or find a personal journal or note pad. Pick a time that you are likely to be able to write down three to five things you are grateful for.
b. Day-of	Every day for 21 days, write down three to five things you are grateful for and why you are grateful for them (for an added boost).
c. Follow-up	<p>Prepare three follow up communications to encourage everyone at launch, mid-point and close the challenge. Informally encourage colleagues to use their journals/notepads.</p> <p><b>Sample communication #1</b> Thank you for agreeing to participate in the Gratitude Challenge! Remember there are even more ways to build gratitude and positivity in your life. Some ideas are:</p> <ul style="list-style-type: none"> <li>• Count blessings together before bedtime with your family, kids, spouse, friends, etc. Write them down for maximum impact.</li> <li>• Send a kind text or email to someone you are thankful for.</li> <li>• And...Don't forget to use [any built in firm thank you or appreciation program]</li> </ul> <p>Thank you again, and remember: "Gratitude is not only the greatest [virtue], but also the mother of all remaining virtues." –Cicero (the philosopher, not the city)</p> <p>If you would like to find out more about why gratitude matters, we've linked a video here so you can check it out. Happy journaling!</p> <p><b>Sample communication #2</b> Thanks to each and every one of you for participating in the Gratitude Challenge. We've gotten absolutely wonderful feedback for this initiative and are so happy its adding a small bit of positivity into our daily lives. Let's keep that momentum going!!</p> <p>And with only seven days of gratitude left, it will be easy. So please, please, please keep filling out those journals!</p> <p>Be sure to watch the short video <a href="#">here</a> where Shawn Achor describes the few steps we can all take to create lasting positive change.</p> <p><b>Sample communication #3</b> Today marks the end of The Gratitude Challenge – but not the end of what we learned. We hope that these 21 days have reminded all of us that saying thank you is easy to do, well appreciated and has a limitless positive impact on our days, our colleagues and our work. Thank you for your participation – however big or small. Feel free to continue to use your journals and the [internal firm appreciation program] Please share your thoughts on how this initiative worked for you!</p>

### Suggestions for Resources

[Greater Good Science Center \(2018\). The Science of Gratitude. White Paper.](#)