

LAWYER WELL-BEING WEEK

BAR ASSOCIATION PARTICIPATION GUIDE


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STAY STRONG

Physical Well-Being

TUES

ALIGN

Spiritual Well-Being

WEDS

ENGAGE & GROW

Career & Intellectual Well-Being

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FEEL WELL

Emotional Well-Being

THIS GUIDE'S PURPOSE

Participation by Bar Associations is essential for making Lawyer Well-Being Week a success! And well-being in the profession was never more important than right now in the wake of a global pandemic. This Guide gives day-by-day recommendations to enable remote participation to abide by COVID restrictions. It gives ideas for hosting virtual activities (that Bar Associations can host themselves or suggest that members do so) and for resources and activities to recommend via email, social media, or your website. Ways to participate include:

Raise Awareness & Anticipation

Use social media or your other communication channels to build anticipation for upcoming Well-Being Week activities. Logos, infographics, and other marketing materials are freely available for download on the [Awareness Messaging](#) page of the website. That page also includes a downloadable social media post for your use for each day of Well-Being Week that includes one recommended video, article, and activity. We encourage use of the hashtag #LawyerWellbeingWeek for social media posts!

Host Virtual Lunch & Learn Sessions

Host a virtual lunch and learn session where, before or during the session, you invite participants to watch a video, read a related article, or both (since many of the recommendations below are pretty short). They then can discuss what they learned and create personal action plans.

Pose A Well-Being Challenge

Each day, invite your members via social media to participate in a group challenge or activity that relates to that day's well-being dimension. Invite participants to post comments or photos of their activities on social media.

Recommend Resources

Each day, via email or social media, recommend an article, book, video, well-being tip or gadget to your members.

Inspire Them

Post inspirational quotes related to each day's well-being dimension or a short story about an exemplar of lawyer thriving. You can find a list of well-being-related quotes in the Lawyer Well-Being Week [Social Media Calendar](#).

Help Them Plan

Distribute a Lawyer Well-Being Week News Briefing that provides a schedule of activities and tips for participation.

MON



STAY STRONG (Physical Well-Being)

- **VIDEO:** Dr. Matt Walker (2019), [Sleep Is Your Superpower](#), TED Talk, 19:06 minutes. Walker is the author of the top-selling book [Why We Sleep](#). In this video, he shares the many good things that happen for your brain and body when you get sleep--and the alarmingly bad things that happen when you don't. He offers helpful tips for getting more and better sleep.
- **ARTICLE:** Tony Schwartz & Catherine McCarthy (2007). [Manage Your Energy, Not Your Time](#). Harvard Business Review.
- **ACTIVITY:** Active Meeting Challenge. Encourage your members to do all of their meetings (or even just one!) on Monday while [standing up](#) or [walking](#) and post on social media about it using the hashtag #LawyerWellbeingWeek.

TUES



ALIGN (Spiritual Well-Being)

- **VIDEO:** Emily Esfahani Smith (2017). [There's More to Life Than Being Happy](#), TED Talk, 12:10 minutes. Learn about the difference between "being happy" (which comes and goes) and building a meaningful life. Smith is the author of [The Power of Meaning: Finding Fulfillment in a World Obsessed With Happiness](#).
- **ARTICLE:** Anne Brafford & Robert Rebele (2018). [Judges' Well-Being And The Importance Of Meaningful Work](#). Court Review. The article explains the importance of meaningful work to health, happiness, and performance. It provides meaningful work strategies that apply to everyone, not just judges. Brafford also has a free, 40-minute video on [meaningful work for lawyers](#) posted on the Lawyer Well-Being YouTube Channel.
- **ACTIVITY:** Values Challenge. Invite members to complete the [Values Challenge Activity Guide](#) and post about their experience on social media using the hashtag #LawyerWellbeingWeek.

WEDS



ENGAGE & GROW (Career & Intellectual Well-Being)

- **VIDEO:** Shawn Achor (2011). [The Happy Secret To Better Work](#). TED Talk, 12:05 minutes. In this fast-moving, funny talk, psychologist Shawn Achor argues that happiness inspires us to be more productive. Achor is the author of [The Happiness Advantage: How A Positive Brain Fuels Success in Work And Life](#).
- **ARTICLE:** Amy Wrzesniewski, Justin M. Berg, and Jane E. Dutton (2010). [Managing Yourself: Turn The Job You Have Into The Job You Want](#). Harvard Business Review.
- **ACTIVITY:** Strengths Challenge. Invite members to complete the [Peak Performance Through Character Strengths Activity Guide](#) and post about their experience on social media using the hashtag #LawyerWellbeingWeek.

THURS



CONNECT (Social Well-Being)

- **VIDEO:** Adam Grant (2016). [Are You a Giver or a Taker?](#) TED Talk, 13:19 minutes. Organizational psychologist Adam Grant breaks down 3 personality types related to giving (givers, takers, and matchers) and offers simple strategies to promote a culture of generosity and to better manage self-serving “takers.” Grant is the author of the book [Give and Take: Why Helping Others Drives Our Success](#) and the Harvard Business Review article [In The Company of Givers and Takers](#).
- **ARTICLE:** Rob Cross (2019). [To Be Happier at Work, Invest More In Your Relationships](#). Harvard Business Review.
- **ACTIVITY:** Gratitude Challenge. Recommend that members read Kira Newman's article (2017), [How Gratitude Can Transform Your Workplace](#). Invite them to write a [gratitude letter](#) to someone they've been meaning to thank, read it out loud to them, and post about their experience on social media using the hashtag #LawyerWellbeingWeek.

FRI



FEEL WELL (Emotional Well-Being)

- **VIDEO:** Jon Krop (2020). The Anxiety Toolkit [Part 1](#) (25 minutes) and [Part 2](#) (16 minutes): Mindfulness Practices to Reduce Anxiety in Trying Times. Jon Krop, a lawyer and meditation teacher, created two free videos offering practical mindfulness strategies to manage anxiety, which is skyrocketing for many during the COVID crisis.
- **ARTICLE:** Diana O'Brien and Jen Fisher (2019). [5 Ways Bosses Can Reduce The Stigma of Mental Health At Work](#). Harvard Business Review.
- **ACTIVITY:** Stress Relief Challenge. Invite members to complete the [2-Minute Stress Relief Activity Guide](#) and post about their experience on social media using the hashtag #LawyerWellbeingWeek.

AUTHORS OF THE PLANNING GUIDE

Anne Brafford, JD, MAPP, PhD Candidate. Anne, a former law firm partner, consults with the legal profession about individual and organizational thriving (www.Aspire.legal). She is the author of an ABA-published book titled Positive Professionals, is the Chair of the ABA Law Practice Division's Attorney Well-Being Committee, was the Editor in Chief and co-author of the National Task Force on Lawyer Well-Being's 2017 report, and is the founder of Lawyer Well-Being Week.

Martha Knudson, JD, MAPP. Martha, a former law firm partner and General Counsel, is now the Executive Director of the Utah State Bar Well-Being Committee. Having earned a Master of Applied Positive Psychology (MAPP) from University of Pennsylvania, Martha has an expertise in applied positive psychology. She applies her unique combination of expertise in law, business, and positive psychology to her consulting work with individuals and organizations.