



# WELL-BEING WEEK IN LAW

MAY 3-7, 2021

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

# YOU'RE INVITED TO BE A WELL-BEING CHAMPION

## WHAT IS IT?

Too many lawyers and their support teams aren't thriving. It's time to take action. **Well-Being Week In Law (WWIL)** is one way to do so. You're invited to join organizations across the legal profession to lead and participate in activities that promote health and happiness across the legal profession.

## WHEN IS IT?

**May 3-7, 2021.** The month of May is Mental Health Awareness Month.

MAY

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02	03	04	05	06	07	08	
09	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

## WHO'S INVOLVED?

The "who" is you! WWIL is an event of the Institute for Well-Being in Law (IWIL), a 501(c)(3) charitable organization. The ABA Commission on Lawyer Assistance Program's Well-Being Committee serves as a sponsor. We invite you to join us and many other organizations in being a champion for lawyer well-being.

## HOW CAN I GET INVOLVED?

The WWIL team of volunteers has been working hard to make it easy for you to get involved. On our web page, you'll find out how to join an event or organize your own activities:

1. Sign up for a webinar
2. Download an Activity Planning Guide to plan your own activities.
3. Read and download resources and tools (e.g., tip sheets, etc.).
4. Find materials to market your activities, like logos, stickers, social media post ideas, and more.

## WHY PARTICIPATE?

Too many in the legal profession struggle with mental health and alcohol use disorders. Many others, while not dealing with a diagnosable illness, still are not fully well. The aim of WWIL is to raise awareness about mental health and encourage action and innovation across the profession to improve well-being.