



# WELL-BEING WEEK IN LAW

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

# WELL-BEING WEEK IN LAW

## FAMILY PARTICIPATION GUIDE

1

### WHY USE THIS GUIDE?

Well-Being Week encourages a holistic approach to health and happiness. This includes having a healthy, happy family and home life. Full family participation in well-being efforts always is important. And their participation in Lawyer Well-Being Week seems especially fitting since so many of us will be working from home that week! This Guide gives ideas for family-friendly activities to participate in Well-Being Week—and beyond!

### WHEN TO PARTICIPATE?

Well-Being Week occurs the first full week of May—which falls during Mental Health Awareness Month in the U.S. But there's no need to wait until May or to focus on well-being only then. Full well-being is a continuous, life-long process. We hope the Well-Being Week website will provide year-round inspiration to make progress on well-being in the legal profession.

### WHO TO INCLUDE?

Our full well-being depends a lot on our connection to others, bonds to our communities, and sense of belonging. This includes high-quality relationships with our immediate families but also ties to our extended families, friends, neighbors, and community groups. How can you involve more of your support network in well-being-boosting activities.

### ARE THERE EASY OPTIONS?

In the midst of our busy lives, it might be challenging to do anything too complicated. The Guide offers many ways for families to participate that are easy and fun and still beneficial.

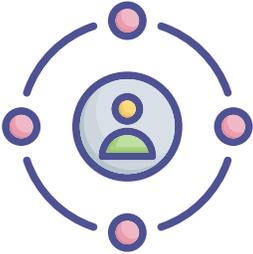
### WHAT CAN MY FAMILY DO?

This Guide offers a number of activity ideas to organize with your family and other important people. Many of the resources and activity ideas recommended generally on the Well-Being Week website also can be tailored for family or group participation

### GUIDE AUTHOR

This Guide was created for you by 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](http://www.Aspire.legal)). She's the author of an ABA-published book [Positive Professionals](#), was the Editor in Chief and co-author of the National Task Force on Lawyer Well-Being's 2017 report, and founded Well-Being Week in Law.

### SPREAD ACTS OF KINDNESS



Doing [acts of kindness](#) is not just helpful to others; it also boosts our own well-being. So, during Well-Being Week, consider launching a family practice of “Friendly Fridays” (or whatever day of the week you like) to shower your family, friends, and neighbors with kindness. Or

you might draw names for Secret Pals within the family for whom to do small secret, kind acts all week.

Research also suggests a few guidelines that will help you squeeze the most out of your family’s Friendly Fridays:

1. Do a bunch of small acts of kindness or one big act on one day rather than spread out over a week. Research suggests that we’ll get the biggest well-being boost when we take this approach.
2. Choose kind acts that we *want* to do, not acts that we think we *should* do.
3. Do things outside of our normal routine but not so much so that it creates a sense of burden.
4. Shake it up with a variety of types of kind acts.

These pointers will help make sure we don’t feel pressured or get bored, which can harm the positive effects and the likelihood that we sustain our kindness practice.

To get ideas for bringing your family’s Friendly Fridays to life, a whole website dedicated to [Random Acts of Kindness](#) is available. It includes a page of [fun, free resources](#) like a Kindness Calendar, Kindness Coloring Pages, Kindness Bingo, “[Tag, You’re It](#)” cards, and more. Big Life Journal offers a [Kindness & Community Kit](#) for ages 5-11.

Also, many websites offer helpful [lists](#) of family-friendly acts of kindness directed outside the family. Fewer offer ideas for kind acts within our own families. Some ideas are offered below in the Ripples of Kindness for Families worksheet.

### CONNECT WITH CREATIVITY

Creativity contributes to fuller, happier lives and to mental and physical health. (See [Creativity Participation Guide](#) for more information and ideas.) These benefits are not limited to fancy professional artists. A [recent study](#) found that people who engage in every-day kinds of creativity had more positive emotions and a greater sense of meaning, purpose, engagement, and social connection the next day. “Creativity” in the study included everyday

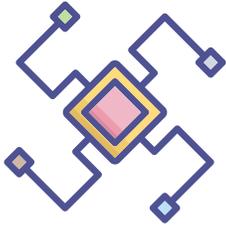


activities like coming up with original ideas, expressing oneself in original and useful ways, and doing artistic activities like art, music, painting, writing, etc.

Other well-being research has endorsed a wide-variety of creative activities like baking, cooking, gardening, scrapbooking, photography, quilting, drawing, painting, coloring, clay-molding, collage-making, sewing, jewelry-making, knitting, crochet, ceramics, and computer graphics. This means there are countless ways that families can use creativity to boost members’ health and happiness, including to learn and grow individually and to connect to each other and the outside community. Some ideas include:

- Engage in something creative to express gratitude and/or as an act of kindness. This might include a handmade card, clay sculpture, baking cookies, taking an inspiring photograph, or knitting cozy socks. This approach may reap benefits from multiple sources: creative engagement, gratitude, and kind acts of giving.
- Organize a COVID-friendly neighborhood art show. (A Utah lawyer actually did this!). At a specified time, all participants display their family’s creations on their porches and in their yards. Neighbors then do a walking tour of the show and view the art from a safe distance.
- Many fun and easy creativity activities are available on the Internet, including many DIY gifts on Pinterest.

### POSE A PHYSICAL CHALLENGE



Frequent physical activity is a big driver of mental and physical health. You can engage your family—and even entire neighborhood—in a variety of fun and beneficial physical activity challenges during Lawyer Well-Being Week.

- **DIY Triathlon:** Hold a COVID-friendly “triathlon” in which family members’ race for the best time at a string of three or more activities like jump-roping, sit-ups, .2 K on a stationary bike, “hurdles” made of stuffed animals--the possibilities are endless!
- **Obstacle Course.** Set up a [backyard obstacle course](#) of household items for kids (and adults) of all ages.
- **Go The Distance While Keeping Your Distance.** Organize a COVID-friendly 5-K “race” within your family or for your whole neighborhood. Participants can run on their own around the neighborhood (while practicing safe physical distancing!) or on treadmills. Before the race, circulate information about the benefits of vigorous exercise like running ([see the 5-K Run Activity Guide](#)). After the race, circulate participants names and send them electronic participation medals. If you’re really ambitious (and it’s logistically possible), have race shirts made and mailed to participants or make the race a fundraising event for a local charity.
- **Step Challenge.** If your family members wear fitness trackers, challenge them all to get at least 10,000 steps per day. Encourage each other throughout the day to meet the challenge.
- **Push-Up Challenge.** Grant every family member the right once an hour to yell “push-ups” “sit-ups,” or “jumping-jacks!” This signal triggers a duty by all family members to drop what they’re doing and do 20 of the designated activity.

### USE & SPOT STRENGTHS

A pile of positive psychology research has shown that identifying strengths and using them in new ways boosts well-being, along with a host of other positive effects. Spotting and appreciating other people’s strengths also can be fun and energizing.

The [VIA](#) is among the most frequently used strengths assessments and is free. It is made up of 24 character strengths that are important in cultures world-wide. A VIA Youth assessment also is available that’s appropriate for ages 10-17. You can find a description of the VIA and guidance for taking and interpreting it in the [Worksheet of Activities to Boost Positive Emotions](#) posted on the Lawyer Well-Being Week website (see pages 18-19). Some ideas for strengths-based activities are offered below.

#### Strengths-Spotting Bingo



Even if your family members haven’t taken the VIA strengths assessment, they still can engage in strengths-based activities. One idea is to play Strengths Bingo while watching movies together. A Bingo card based on the 24 VIA strengths assessment can be found below. While watching the movie together, family members can cross off strengths they observe until someone collects enough to win. Simple prizes that would be meaningful to the family could be a fun addition. Afterwards, you can have a strengths-focused discussion of the themes and characters. For example, you might discuss:

- What strengths the characters displayed,
- What strengths they did not display and might have benefited from, and
- Whether any strengths were overused and became weaknesses.

A few film ideas are below:

- Empire of The Sun

- Field of Dreams
- Harriet
- Hidden Figures
- Inside Out
- Jojo Rabbit
- Karate Kid
- A League of Their Own
- Lion King
- Oliver Twist
- Remember The Titans
- Seabiscuit
- Sound of Music
- Stand By Me
- The Greatest Showman
- The Help
- The Chronicles of Narnia: The Lion, The Witch, & The Wardrobe
- The Martian
- Toy Story
- WALL-E

### Strengths Use During The COVID Shut-Down

Positive psychology practitioners Sydney Kastner and Leora Rifkin created a [table of ideas](#) for using each VIA strength in new ways during the COVID crisis.

### Energize Daily Activities

Ask each family member to reflect on how they can use their strengths to be more engaged during their daily activities. Ask them to list the 5 activities they do most frequently. Next, ask them write down and explain one way that they can use any one strength with each of those activities (Niemiec, 2018). For example, if you know an activity is likely to be boring, how can you use your curiosity or love of learning to stay engaged? How might you use more gratitude with friends and family?

### Family Strengths-Spotting

Find ways during regular daily activities to call out strengths or to give family members opportunities to use their strengths. At dinner, take a few minutes to ask family members to share stories and ideas of how they're incorporating strengths into their daily lives.

Periodically choose one or two family members, friends, or colleagues for special attention, write down three of their best strengths, and, for each, write down a recent incident that reflects that strength. Share this with them, explaining why their strengths use is important and valued by you (Niemiec, 2018).

### Aspirational Strengths

Ask family members to write a short description of how they'd like to have people who are important to them describe them. What strengths would your family members like others to observe? How can they use their strengths to achieve those reviews?

### Gift of Time

Ask family members to pick 3 people they care about. Then offer each the gift of spending time with them and expressing their signature strengths while doing so. .

### Turn Strengths to Others

Ask family members to choose one of their signature strengths and decide how they will direct it toward someone important to them. How might they clearly express their strength in a way that the other person would appreciate? What benefit might they bring to the other person by using their strength?

### Prepare for Positive Challenges

Ask family members to think of an upcoming challenge or stressor that they'll be handling. Then ask them to think about how they've used their top strengths in tackling past challenges. They then can think about how to use their strengths in the upcoming situation. They might consider writing down their concerns or needs for the upcoming situation and then consider how their strengths can be used to address each. They also can consider the strengths of people in their social network and how they might be supportive (Niemiec, 2018).

For other ideas, see [The Power of Character Strengths](#) by Ryan Niemiec & Robert McGrath.

## PICK & PRACTICE POSITIVE EMOTIONS

In this activity, you'll invite your family to practice 10 different positive emotions. This [practice can](#) increase the experience of meaning, pleasure, engagement and life satisfaction and curb depressive symptoms. You can find out more about the powerful health benefits of positive emotions in the booklet [Activities to Boost Positive Emotions](#).

### DIRECTIONS

Every other day, pick one of the 10 positive emotions listed below. Pick one for the whole family to practice together or invite each member to pick their own. You also can use the Positive Emotion Deck template below to create a deck of emotions from which to randomly choose.

#### Amusement

A feeling of lighthearted pleasure and enjoyment, often accompanied by smiles and easy laughter.

#### Awe

An emotion that is evoked when you witness something grand, spectacular, or breathtaking, sparking a sense of overwhelming appreciation.

#### Gratitude

A feeling of thankfulness for something specific or simply all-encompassing; often accompanied by humility and even reverence.

#### Hope

Feeling of optimism and anticipation about a positive future.

#### Inspiration

Feeling engaged, uplifted, and motivated by something you witnessed.

#### Interest

Feeling of curiosity or fascination that demands and captures your attention.

#### Joy

A sense of elation, happiness, or exhilaration, often experienced as a sudden spike due to something good happening.

#### Love

A feeling of deep and enduring affection for someone, along with a willingness to put their needs ahead of your own; it can be directed towards an individual, a group of people, or even all humanity.

#### Serenity

Calm and peaceful feeling of acceptance of oneself.

#### Pride

A sense of approval of oneself and pleasure in an achievement, skill, or personal attribute.

### HOW TO PRACTICE

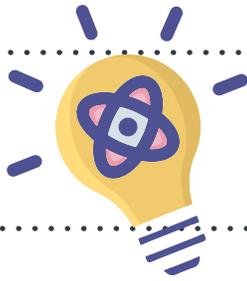
When you start each emotion, think about situations, people, and things that trigger that emotion for you. Then, make a plan about how you'll cultivate it.

After practicing each emotion (and before moving on to the next one), reflect on your experience and write about it—e.g., what you did, how you felt, and what other people accompanied you during your experiences. This step will help structure your thoughts and derive meaning from the activity.

### BENEFITS OF EMOTION VOCABULARY

This activity can be a fun way to launch a broader effort to expand your family's emotion vocabulary. It may sound weird, but labeling our negative emotions (e.g., "This feeling I'm experiencing is anxiety") and being able to differentiate between them (e.g., "This feeling is anxiety, not anger or sadness") contributes to well-being ([Kalokerinos et al., 2019](#)), including down-regulating our physiological stress response ([Lieberman, 2011](#)). This effect may explain the [Guatemalan tradition](#) of whispering troubles to a "worry doll" (or more modern "[Worry Eaters](#)") at night to take worries away.

Deepening our emotional vocabulary (called "emotional granularity") may improve our ability to regulate our emotions and boost well-being ([Barrett, 2017](#)). The same applies to positive emotions: Expanding our positive emotional vocabulary may enrich our experience and enhance well-being ([Lomas, 2016](#)).



# MORE IDEAS FOR FAMILIES

**1** Invite family members to take photos or videos of what makes them feel happy and grateful throughout the week and then share them with the whole family on Friday.

**2** Talk about the [positive effects of gratitude](#) and invite everyone to write and deliver a [gratitude letter](#). Create a family [Gratitude Jar](#) to drop in notes whenever someone does something helpful and read them aloud periodically. Check out the Big Life Journal's [Gratitude Kit](#) for ages 5-12. Older family members might like the [Gratitude Panda Planner](#).

**3** Tie a [smiley face balloon](#) to neighbors' doors with a note wishing them well and telling them about the [mental and physical health benefits of positive emotions](#).

**4** Throw a Laugh Party to watch a funny movie or pose a joke challenge. Laughter promotes [social bonding](#) and [stress relief](#).

**5** Start a family game night for fun and bonding. Along with traditional games, consider Question Cards to connect with [toddlers](#) and [older children](#).

**6** Ask each family member to choose or make a healthy snack for each day of Well-Being Week.

**7** Try out a family Mindfulness Monday practice. Children of all ages can [benefit from learning](#) mindfulness. Age 7-10 is the range when children probably can begin to benefit from meditation. But meditation is not the only way to foster mindfulness. PositivePsychology.com offers ideas for [25 Fun Mindfulness Activities](#) for Kids and Teens.

**8** Don't be shy about rocking out with family dance parties. [Dance](#) combats depression and anxiety and aids physical health.

**9** Deliver small plants to friends and family with a note saying that green plants help [combat stress](#) and boost [productivity](#).

**10** Take advantage of the [mental health benefits](#) of volunteering by picking a cause to which the family can regularly contribute.

**11** Create a family coloring contest. [Coloring mandalas](#) appears to be especially beneficial for mood and mental health.

**12** Dedicate a day to celebrate your pets' contribution to your family's health and happiness. Include plenty of [petting of your dogs and cats](#), which has stress-busting benefits. Looking at [cute photos of puppies and kittens](#) improves attention, and [viewing funny cat videos](#) boosts energy and positive emotions.

**13** Have at least one device-less meal together. Ask each family member to say what went well today.



# STRENGTHS-SPOTTING BINGO

<p><b>Curiosity</b> Taking an interest, discovering, exploring, finding topics fascinating.</p>	<p><b>Hope</b> Expecting the best in the future and working to achieve it.</p>	<p><b>Fairness</b> Treating people fairly and without bias, giving everyone a fair chance.</p>	<p><b>Judgment</b> Examining things fairly from all sides, not jumping to conclusions.</p>
<p><b>Gratitude</b> Being aware of and thankful for good things that happen; expressing thanks.</p>	<p><b>Honesty</b> Speaking truthfully, presenting self in a genuine way, lack of pretense.</p>	<p><b>Love</b> Valuing close relationships, being close to people.</p>	<p><b>App. of Beauty &amp; Excellence</b> Notice and appreciate beauty, excellence, and skilled performance.</p>
<p><b>Bravery</b> Not shrinking from threat, challenge, difficulty; speaking up for what's right.</p>	<p><b>Perseverance</b> Finish what you start; enjoy finishing tasks</p>	<p><b>Humility</b> Not regarding oneself as special; letting accomplishments speak for themselves.</p>	<p><b>Kindness</b> Doing favors and good deeds, helping, caring for others.</p>
<p><b>Humor</b> Liking to laugh and bringing smiles to others.</p>	<p><b>Perspective</b> Able to provide wise counsel to others.</p>	<p><b>Social Intelligence</b> Being aware of motives/feelings of others and self; adaptable in social situations.</p>	<p><b>Self-Regulation</b> Self-control, being disciplined, controlling emotions and appetites.</p>
<p><b>Love of Learning</b> Mastering new skills, topics, knowledge.</p>	<p><b>Prudence</b> Being careful in choices, not taking undue risks.</p>	<p><b>Spirituality</b> Having coherent beliefs about higher purpose and meaning.</p>	<p><b>Teamwork</b> Working well as a group member, loyal, contributing fair share.</p>
<p><b>Forgiveness</b> Forgiving others who have done wrong; accepting others' shortcomings.</p>	<p><b>Creativity</b> Thinking of novel and productive ways to conceptualize and do things.</p>	<p><b>Leadership</b> Organizing group activities and seeing that they happen while maintaining good group relations.</p>	<p><b>Zest</b> Approach life with excitement and energy, full-heartedness, living life as an adventure.</p>



# RIPPLES OF KINDNESS FOR FAMILIES

## GIVING IDEAS FOR SIBLINGS & PARENTS

- Give a loving hug.
- Make them a card.
- Handwrite a kind note.
- Give them a compliment.
- Write a fun song about them.
- Make them a snack.
- Draw them a picture.
- Say thank you.
- Write them a gratitude letter.
- Read them a story.
- Pick up their mess.
- Play a game with them.
- Do one of their chores.
- Make their bed.
- Teach them something new.
- Do a puzzle together.
- Pick them flowers.
- Make something for them.
- Say 3 things you love about them.
- Make them hot chocolate.
- Ask what you can help with.
- Bake them a treat.
- Make them breakfast.
- Do an art project together.
- Create a care package with some of their favorite things.
- [Paint rocks](#) together as surprise gifts for family or neighbors.
- Tell them you love them.
- Perform a play or puppet show together for the family.
- Give them homemade “coupons” to redeem for chores, hugs, etc.
- Do a science experiment together.
- Leave them kind little notes.

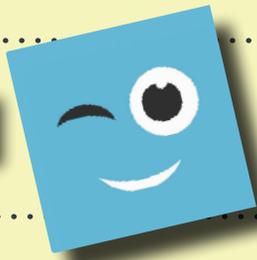
- Make up fun, kind nicknames.
- Join them in something they love.
- Smile at them.
- Write a story about them.
- Make a Mother’s Day gift together.
- Be really nice to them ALL DAY.
- Perform a family concert with them.
- Pick an Appreciation Day for each sibling/kid.

## GIVING IDEAS FOR SPOUSES/PARTNERS

- Leave kind notes where they’ll find them throughout the day.
- Plan a date night.
- Do a chore they typically do.
- Wash their car or fill it up with gas.
- Give a shoulder massage.
- Turn off electronics and talk.
- Surprise them with doughnuts.
- Draw a heart on a steamy mirror or on the mirror with soap.
- Text them just to say “You’re awesome. I love you.”
- Give them a list of all the things you love and admire about them.
- Make their favorite dinner.
- Assume their good intentions; they’re probably not trying to annoy you.
- Interact in kind ways.
- Eliminate the corrosive “[4 horseman of the Apocalypse](#)”: 1) Criticism, 2) Contempt, 3) Defensiveness, and 4) Stonewalling.
- [Respond to their good news](#) and accomplishments with [enthusiasm](#).
- Read their favorite book and discuss it.

- Let them watch what they want on TV.
- Hide a love note in their wallet/purse/bag/suitcase.
- Ask how you can help them.
- Surprise them with tickets to a favorite event (e.g., game, concert, show).
- Create a photo collage of your favorite moments together.
- Hold hands.
- Have a favorite food delivered to them.
- Give encouraging words—especially after tough days.
- Ask them what makes them feel special and make a habit of doing it.
- Surprise them with a goodie bag when you part in the morning.
- Be a cheerleader for them.
- Send a note to them in the mail.
- Celebrate their birthday like it’s a national holiday.
- Give them a care package during a work or personal challenge.
- Tell them why you appreciate them.
- Cheer them up after disappointments.
- Write, make, or buy something to provide encouragement when they’re experiencing difficulties.
- Really be present and listen to them without interrupting.
- Learn something new about them.
- Compliment them to others.
- Enable their growth.
- Buy them a book they’ll love.
- Scout for reasons to give compliments.
- Make the first thing you say to them a compliment or words of support or appreciation.
- Make them laugh.

*“No act of kindness, no matter how small, is ever wasted.” —Aesop*



# POSITIVE EMOTIONS DECK



<p><b>Amusement</b> A feeling of lighthearted pleasure and enjoyment.</p> 	<p><b>Awe</b> A sense of overwhelming appreciation.</p> 	<p><b>Gratitude</b> A feeling of thankfulness.</p> 
<p><b>Hope</b> Feeling of optimism and anticipation about a positive future.</p> 	<p><b>Inspiration</b> Feeling engaged, uplifted, and motivated by something.</p> 	<p><b>Interest</b> Feeling of curiosity or fascination that captures your attention.</p> 
<p><b>Joy</b> A sense of elation or happiness.</p> 	<p><b>Love</b> A feeling of deep, enduring affection for someone.</p> 	<p><b>Serenity</b> Calm and peaceful feeling of acceptance of oneself.</p> 
<p><b>Pride</b> A sense of approval of oneself and pleasure in an achievement.</p> 		