



WELL-BEING WEEK IN LAW

ACTIVITY PLANNING GUIDE

WELL-BEING WEEK IN LAW



STAY STRONG
Physical Well-Being



ALIGN
Spiritual Well-Being



ENGAGE & GROW
Career & Intellectual Well-Being



CONNECT
Social Well-Being



FEEL WELL
Emotional Well-Being

Activity Title:	Movie Challenge
Well-Being Dimension:	Social Well-Being
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Activity Objective:

To use movies as a tool to connect with others and have meaningful conversations to enhance well-being.

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

“No art passes our conscience the way film does, and goes directly to our feelings, deep down into the dark rooms of our souls.”
— Ingar Bergman, Swedish filmmaker

“Art enables us to find ourselves and lose ourselves at the same time.” — Thomas Merton

Movies have many layers that shape people’s experience in ways that can influence well-being. Story themes and motifs, the quality of characters, aesthetics, music, and more all can, for example, directly impact our emotions, foster empathy, provide exemplars and role models, and teach us about good and bad character (Niemic & Wedding, 2014). Movies also can foster social connection—by watching movies with others and having shared experiences and/or using movies as a foundation for meaningful conversations.

“[Cinematherapy](#)” studies have documented therapeutic benefits of watching movies, including building hope, providing role models, identifying and reinforcing strengths, facilitating communication, and helping people prioritize values (Niemic & Wedding, 2014).

The value of movies for cultivating social connection has been especially important for many in the midst of pandemic-mandated social-distancing. [Movies Clubs](#) have offered some a means of social connection and relief from the draining experience of [boredom](#).

Source: Niemic, R. M., & Wedding, D. (2014). [Positive psychology at the movies 2: Using films to build character strengths and well-being](#), 2nd Ed.

Procedure

Movie Club Challenge

Have you been binge-watching movies in isolation during the pandemic? Turn all that streaming into a social activity by following these three steps:

STEP 1: CONTACT your friends, colleagues, or family members and INVITE them to join your Movie Club.

STEP 2: CREATE A SCHEDULE for your Movie Club discussion dates.

STEP 3: CHOOSE one of the activities discussed below to do while you're watching the movies. Alternatively, decide just to watch each movie openly and meet for an unstructured discussion.

STEP 4: SELECT the movies that the Movie Club wants to watch.

STEP 5: MEET according to the Movie Club schedule and engage in a reflective discussion in line with the activity you chose.

Activity # 1: Labeling Emotions

- As you watch the movie, notice the emotions that you observe and that you feel and label them with as much granularity as you can.
- Labeling our 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 to negative emotions ([Lieberman, 2011](#)). This effect may explain the [Guatemalan tradition](#) of whispering troubles to a “worry doll” (or more modern “[Worry Monsters](#)”) 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](#)).
- For help with putting words to your emotions, see Crystal Raypole’s Healthline article [Big Feels and How to Talk About Them](#).

Procedure

Activity #2: Strengths-Spotting BINGO

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.

Identify Your Strengths: 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. If you'd like to do this activity with younger friends or family members, a VIA Youth assessment also is available that's appropriate for ages 10-17.

More Guidance About VIA: You can find a description of the VIA and guidance for taking and interpreting it in the [Worksheet of Activities to Boost Positive Emotions](#) (see pages 18-19).

Strengths-Spotting Bingo: The recommended activity is for Movie Club members to take the VIA so that they have a better understanding of each strength and are aware of their own strengths. But, even if participants haven't taken the VIA strengths assessment, you all still can engage in Strengths-Spotting Bingo while watching movies together. Here's what to do:

- A Bingo card based on the 24 VIA strengths assessment can be found below.
- To select a movie in which particular strengths are evidence, see this list of [Films Illustrating Character Strengths and Virtues](#).
- While watching the movie together, you can
 1. Ask participants to cross off strengths that they observe until someone collects enough to win and sends a text to the Movie Club group, or
 2. Simply ask Movie Club members to identify strengths while watching the movie.

Movie Club Reflection: During your Movie Club meeting, 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
- Whether any strengths were overused and became weaknesses
- Whether you recognized any of your own strengths or those of Movie Club participants in the characters.

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STRENGTHS-SPOTTING BINGO

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