



WELL-BEING WEEK IN LAW

MAY 2-6, 2022

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 LEGAL ASSOCIATION PARTICIPATION GUIDE

Updated 3-7-2022

1

THIS GUIDE'S PURPOSE

Participation across the legal profession is essential for making Well-Being Week a success! And well-being has never been more important. This Guide gives day-by-day recommendations for resources and activities to provide live, via email, social media, or your website. Ways to participate include:

Raise Awareness & Anticipation

Use social media or your internal communication channels to build anticipation for upcoming Well-Being Week activities. Logos, infographics, and other materials are freely available for download on the WWIL website. We encourage use of the hashtag #WellbeingWeekinLaw for social media posts.

Host Virtual or Live Lunch & Learn Sessions

Host a virtual or live lunch and learn session where, before or during the session, you invite participants to watch a video, read a related article, or both. Then facilitate a discussion of what they learned and an activity to create personal action plans.

Pose A Well-Being Challenge

Each day, invite your members to participate in a well-being-related challenge or activity and post comments or photos of their activities on your intranet or social media.

Recommend Resources

Each day, via email, intranet, or social media, recommend an article, book, video, well-being tip, or gadget. Below, you'll find a suggested video/podcast, article, and activity that align with each day's well-being theme.

Inspiration

Post inspirational quotes related to each day's well-being dimension or a short story about an exemplar of thriving in the legal profession.

Help Them Plan

Distribute a Well-Being Week in Law news briefing that provides a schedule of activities and tips for individual participation.

Pick & Choose to Fit Your Needs

WWIL is designed so that people and organizations can participate in any way that fits their goals and capacities. If you want to participate in multiple things every day, that's great. But also feel free to select only a few things (or even one thing!) over the entire week that match your organization's priorities.

WELL-BEING WEEK IN LAW

LEGAL ASSOCIATION PARTICIPATION GUIDE

2

MON



STAY STRONG (Physical Well-Being)

- **WATCH THIS:** [The Joy of Movement](#), podcast interview of Dr. Kelly McGonigal about the latest research on why movement is so important for many facets of our wellbeing, 41 mins.
- **READ THIS:** [Reframe How You Think About Self-Care](#) by Liane Davey. You might want to reconsider whether squeezing more into today is worth sacrificing what you can contribute tomorrow.
- **DO THIS: Get Moving Challenge.** Peruse the [Get Moving Activity Guide](#) and pick a physical activity that you haven't tried before and try it out this week. Inspire others by posting about it on social media using the hashtag #WellbeingWeekInLaw.

TUES



ALIGN (Spiritual Well-Being)

- **WATCH THIS:** [Nature. Beauty. Gratitude](#), TED talk, 9:30 mins. Time-lapse photography of awe-inspiring nature scenes with powerful words from a Benedictine monk as a meditation on being grateful for every day.
- **READ THIS:** [21 Spiritual Goals to Grow in 2022](#) by Connie Mathers. Setting spiritual goals helps us connect to our spiritual side and gain clarity on the purpose of your life.
- **DO THIS: Cultivate Your Sense of Purpose.** Take a free [Purpose in Life Quiz](#) and receive automatic feedback and recommendations for purpose-building activities, courtesy of the non-profit *Greater Good Magazine*.

WEDS



ENGAGE & GROW (Career & Intellectual Well-Being)

- **LISTEN TO THIS:** [How to Be Happier at Work](#), 54:29 mins. On the Happiness Lab Podcast, Yale psychologist Dr. Leslie Santos talks with Dan Harris (from Ten Percent Happier) about how to find greater happiness at work.
- **READ THIS:** [Positive Psychology in the Workplace](#) by Brad Desmond. Founder of positive psychology Dr. Martin Seligman's "PERMA" model offers five pathways to well-being. Learn how to apply them at work.
- **DO THIS:** After reading the article above, take the [Workplace PERMA Profiler](#) (it's free on U Penn's Authentic Happiness website; you'll just need to set up a free account). Make a plan (individually or with your work team) to increase one PERMA element over the next month.

WELL-BEING WEEK IN LAW

LEGAL ASSOCIATION PARTICIPATION GUIDE

3

THURS



CONNECT (Social Well-Being)

- **WATCH THIS:** [Creating More Lollipop Moments](#), TEDx talk, 6 mins. Drew Dudley talks about how everyday acts of kindness or social connection can have a large impact.
- **READ THIS:** [Want Stronger Relationships at Work? Change the Way You Listen](#), by Manbir Kaur. Conversations that encourage cooperation and understanding result in the release of hormones like oxytocin that reinforce a bonding experience.
- **DO THIS: Be a Joy Multiplier.** [Read about](#) how enthusiastically responding to others' good news (called Active Constructive Responding or ACR) builds trust and connection. Then peruse an [ACR Worksheet](#) created by the Consortium for Health and Military Performance (yes, the U.S. military teaches ACR!) and get started today practicing your ACR skills to build stronger relationships.

FRI



FEEL WELL (Emotional Well-Being)

- **LISTEN TO THIS:** [The Amazing Impact of Self Talk and How to Master It](#), 1:07 hr, podcast interview of Dr. Ethan Kross, author of bestseller *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It*.
- **READ THIS:** [You've Done Self Care. You've Languished. Now Try This](#), by Brad Stulberg. As the pandemic slogs on, many of us want to feel motivated and get unstuck. An evidence-based practice called behavioral activation—committing to engaging in valued and enjoyable activities—might help.
- **DO THIS: Vanquish Languishing.** After reading the article above, check out the [Vanquishing Languishing Activity Guide](#). It offers guidance on how to use behavioral activation strategies to incorporate more enjoyable and valued activities into your life to foster greater engagement and vitality.