

WELL-BEING WEEK IN LAW

ACTIVITY PLANNING GUIDE

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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

Activity Title:

Blood Drive Service Project

Well-Being Dimension:

Social Well-Being

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Activity Objective

Organize a blood drive at your organization to promote the link between community service/helping others and well-being.

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

Community Service as a Health & Well-Being Booster

Community service or volunteering is associated with health and well-being benefits for volunteers, including:

1. Lower rates of anxiety and depression
2. Higher levels of reported happiness and life satisfaction
3. Better physical health
4. Higher levels of reported self-esteem and confidence
5. Reduced loneliness
6. Higher levels of reported purpose and meaning.

Volunteering works to boost well-being in several ways: (1) by generating positive emotions; (2) by enhancing social connection and a sense of mattering; and (3) volunteering boosts leadership and self-efficacy skills, allowing us to acquire new skills that contribute to our sense of achievement and well-being (e.g., Kim et al., 2020; Piliavin & Siegl, 2007; Thoits & Hewitt, 2001).

Procedure

Why Choose a Blood Drive as a Service Project for Well-Being Week in Law?

While many kinds of service projects are possible, this Activity Guide recommends an American Red Cross Blood Drive because of its relative ease in organizing and the current urgent need.

The American Red Cross's [website](#) reports that it is facing “a national blood crisis – **its worst blood shortage in over a decade**, posing a concerning risk to patient care. Doctors have been forced to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available. Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments.”

Logistics for a “Virtual” Red Cross Blood Drive

The easiest way to organize a Blood Drive Service Project in a hybrid workplace or across multiple offices is to make it a virtual event: Legal employers provide information and encouragement to participate and organizational members choose the most convenient Red Cross locations to donate. Steps to organize such an event include:

- Recruit an event leader to manage and promote the virtual event.
- Set up a [virtual “SleevesUp Campaign”](#) for your organization on the Red Cross website.
- Publish your campaign and share it with your organizational members, asking them to pledge to donate blood during WWIL.
- When individuals enter pledges on your organization’s SleevesUp Campaign web page, they will automatically be directed to the Red Cross blood donation sites closest to where they live/work. Donors can make an appointment to donate at a location that is convenient for them.
- Promote your campaign by email and your organization’s WWIL events calendar.
- Also publicize and celebrate the results of your SleevesUp Campaign, and thank your donors at the end of the virtual drive.
- Consider creating a place for donors to upload photos of themselves donating blood.
- Consider organizing teams across departments to “compete” for having the most donors.
- Consider giving hourly employees who donate paid leave of 1-2 hours to participate and communicate procedures for using that leave.

Procedure

Logistics for an Onsite Red Cross Blood Drive

Legal employers that have a substantial number of employees in the same office may wish to organize an onsite blood drive. Steps to organize such an event include:

- Recruit an event leader to manage and promote the event, and 6-8 volunteers for recruiting, scheduling, and supporting donors. Secure a large room to house the blood drive.
- Apply to [host a blood drive](#) on the Red Cross website.
- The Red Cross will provide help with planning and recruiting donors, all equipment and supplies (including snacks and drinks), and trained staff.
- Once your blood drive is confirmed, you can share it and promote it within your organization.
- Be sure to promote your campaign by email and your organization's WWIL events calendar, so that you have enough donors on the day of the event.
- The organizer and volunteers will sign donors up using the Red Cross's online scheduling system.
- Make sure the event leader and volunteers are available on the day of the drive to assist with any last-minute logistics.
- Be sure to publicize and celebrate the results of your blood donation drive and thank both volunteers and donors.
- Consider creating a place for donors to upload photos of themselves donating blood.
- Consider giving hourly employees who donate paid leave of 1-2 hours to participate and communicate procedures for using that leave.
- Consider organizing teams across departments to "compete" for having the most donors.

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Sources & Resources

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Author

Tara Owens Antonipillai is a well-being consultant, speaker, teacher, and author, and the founder of [Cultivate](#). Tara combines her unique expertise in law practice, positive psychology, and mindfulness to help professionals thrive. Tara also helps law firms and other organizations develop and expand workplace well-being programs in a wide variety of formats. She received both her undergraduate degree and her J.D. from Georgetown University, and was a tax associate in Arnold & Porter's DC office. She is currently completing a Masters degree in the University of Pennsylvania's Applied Positive Psychology program. Tara serves on the D.C. Bar Lawyer Assistance Committee and the Institute for Well-Being in Law Research and Scholarship Committee and Programming Committee. Tara can be reached at tara@cultivatecenter.