



WELL-BEING WEEK IN LAW

MAY 1-5, 2023

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

THIS GUIDE'S PURPOSE

Participation by Legal Associations of all types is essential for making Well-Being Week in Law (WWIL) a success! And well-being in the profession was never more important than right now. This Guide gives recommendations to help get you started with your plans. Ways to participate include:

Raise Awareness & Anticipation

Use social media or your other communication channels to build anticipation for upcoming Well-Being Week activities. Logos, infographics, and other marketing materials are freely available for download on the [Communications Toolkit](#) page of the website. We encourage use of the hashtag #WellbeingWeekInLaw for social media posts!

Host Virtual Lunch & Learn Sessions

The WWIL team has prepared recommendations below for articles, videos, and activities (and more will be available on the website). Bar Associations can participate by hosting a virtual lunch and learn session where, before or during the session, you invite participants to watch a video, read a related article, or both. They then can discuss what they learned and create personal action plans.

Pose A Well-Being Challenge

Each day, invite your members via social media to participate in a group challenge or activity that relates to that day's well-being dimension. Invite participants to post comments or photos of their activities on social media.

Recommend Resources

Each day, via email or social media, recommend an article, book, video, well-being tip or gadget to your members.

Inspire Them

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

Help Them Plan

Distribute a WWIL News Briefing that provides a schedule of activities and tips for participation.

MON



STAY STRONG (Physical Well-Being)

- **WATCH THIS:** Carter, Christine (2020) [Confessions of Bad Exerciser, TedX Marin](#)
Christine Carter PhD is a writer, speaker, coach and sociologist, as well as a Senior Fellow at the Greater Good Science Center. In this talk, filmed for TedX Marin, she argues that in order to build a new habit, like exercising, we need to release our perfectionistic desires and let ourselves be bad at it (at least for a while).
- **READ THIS:** Kilkus, Jennifer (2022) [Is the Mind-Body Connection Real?](#)
- **DO THIS:** Pick one activity from the “More Movement While Working” section of the Well-Being Week in Law [Physical Health Activity Guide](#) and implement that strategy today - maybe it’s a walking meeting, or setting a timer to remind yourself to stand and move during the work day. Pick something small, give yourself permission to do what you can (no perfectionism allowed!), and acknowledge your victories when you follow through

TUES



ALIGN (Spiritual Well-Being)

- **WATCH THIS:** OnBeing with Krista Tippett and Dacher Keltner: [“The Thrilling New Science of Awe”](#) (2023) Dacher Keltner is a professor of psychology at the University of California, Berkeley, and founding director of the Greater Good Science Center. In this podcast, he talks with Krista Tippett about research on primary experience of awe in human life. We experience awe in moments when we have a sense of wonder, or mystery, that transcends our understanding.
- **READ THIS:** Cross, Rob (2020) [Do You Have a Life Outside of Work?](#)
- **DO THIS:** Complete the “Connections that Create Purpose” assessment in the Rob Cross article linked above, and identify one new purpose giving activity to explore bringing back in your life. Then talk to someone about this idea today - your spouse, a colleague, or a friend.

WEDS



ENGAGE & GROW (Career & Intellectual Well-Being)

- **WATCH THIS:** Harris, Carla (2018) [How To Find The Person Who Can Help You Get Ahead At Work, TEDWomen](#)
Carla Harris is a business executive and author. In this talk, she explains why finding a sponsor is so important to propelling your career and provides tips for how to identify and approach a potential sponsor.
- **READ THIS:** Hope Reese (2022), [A Neurologist’s Tips To Protect Your Memory](#)
- **DO THIS:** [Exert greater autonomy over your career and create a better fit between your strengths, values, preferences, and your work with this Job Crafting exercise.](#)

THURS



CONNECT (Social Well-Being)

- **WATCH THIS:** Julian Treasure (2011). [5 Ways to Listen Better](#). TEDx GLobal, 7 mins. In our louder and louder world, says sound expert Julian Treasure, “We are losing our listening.” In this short, fascinating talk, Treasure shares five ways to re-tune your ears for conscious listening -- to other people and the world around you.
- **READ THIS:** Check out The Surgeon General’s Report on Workplace Well-being Guidelines. In the U.S. [Surgeon’s new Workplace Mental Health & Well-Being Guidelines](#), aspects of relationship quality are imbued in all “Five Essentials,” defined as (1) Connection & Community, (2) Work-Life Harmony, (3) Mattering at Work, (4) Opportunity for Growth, and (5) Protection from Physical and Psychological Harm.
- **DO THIS:** Download this infographic on [the Art of listening and practice some of the listening strategies](#) discussed in “5 Ways to Listen Better” above.

FRI



ENGAGE & GROW (Career & Intellectual Well-Being)

- **WATCH THIS:** Adia Gooden (2018). [Cultivating Unconditional Self-Worth](#), TEDx, 15:20 mins Gooden discusses the power of cultivating unconditional self-worth and how to break free from negative thought patterns so you can live more freely.
- **READ THIS:** Elizabeth Ayoola (2022). [Mental Health New Year’s Resolutions You Need On Your List For 2023](#), (Because who says mid-year isn’t the perfect time to assess and recalibrate?)
- **DO THIS:** [Cultivating Unconditional Self-Worth Through Self-Compassion, preferences, and your work with this Job Crafting exercise.](#)