



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

YOU'RE INVITED TO WELL-BEING IN LAW

WHAT IS IT?

Too many lawyers and their support teams aren't thriving. It's time to take action. **Well-Being Week In Law (WWIL)** is one way to do so. You're invited to join individuals and organizations in leading and participating in activities that promote holistic well-being during WWIL and all year-round.

WHEN IS IT?

May 1-5, 2023. The month of May is Mental Health Awareness Month.

MAY

	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

WHO'S INVOLVED?

The "who" is you! WWIL is an event of the Institute for Well-Being in Law (IWIL), a 501(c)(3) charitable organization. We invite you to join us and many other individuals and organizations in being a champion for well-being in the legal profession.

HOW CAN I GET INVOLVED?

The WWIL team of volunteers has been working hard to make it easy for you to get involved. On our website, you'll find out how to join an event or organize your own activities:

1. Register as an [individual](#) or register as an [organization](#)
2. Sign up for a webinar
3. Download an Activity Planning Guide to plan your own activities.
4. Read and download resources and tools (e.g., tip sheets, etc.).

WHY PARTICIPATE?

Too many in the legal profession struggle with mental health and alcohol use disorders. Many others, while not dealing with a diagnosable illness, still are not fully well. The aim of WWIL is to raise awareness about mental health and encourage action and innovation across the profession to improve well-being all year-round.

Questions? Email WWIL Chair, Tara Antonipillai at tara@cultivate.center