

Share Your Well-Being Boosting Passion

Well-Being Week in Law 2024 | Friday, May 10

How legal professionals invest their non-work time and energy can have a big impact on their mental health and work engagement. But many feel so busy and tired from work, that their non-work activities dwindle. The aim of this program is to provide inspiration, guidance, and resources to try out new, well-being-boosting activities outside work.

Session leaders will:

- Share activities they do to disconnect from work, revitalize their energy, stave off burnout, and feed their soul.
- Explain how they fit their passion into their busy lives.
- Provide tips and resources for trying out the activity.

Linking Nonwork Passions to Well-Being

Nearly all the *Share Your Passion* sessions involve some form of creativity. Creativity supports mental health and fuller, happier lives and can help stressed-out lawyers relax, recover from stress, and rejuvenate.

Everyday Creativity

The positive effects of creativity aren't tied to specific activities or to any special talent. It's the [creative process](#) that appears to be most important for our well-being and positive psychological development (Silvia et al., 2014). For example, a [2018 study](#) found that people who identified themselves as "Makers" tended to be happier and more likely to have indicators of psychological health, such as less rumination and excessive self-focus (Collier & Wayment, 2018). This study involved everyday creativity like domestic activities (e.g., baking, cooking, gardening, scrapbooking) and arts and crafts (photography, quilting, drawing, painting, sewing, jewelry-making, knitting, crochet, ceramics, computer graphics).

Pathways Between Creativity & Well-Being

Creativity connects to well-being through multiple pathways:

- Sparks positive emotions.
- Generates the mental state of flow.
- Connects us with other people and aids a sense of belonging.
- Enables self-expression.
- Promotes a sense of meaning.
- Helps us relax and detach from work.
- Provides positive challenge & experiences of mastery and accomplishment.
- Builds self-awareness.

SESSION #3: COOKING

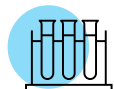


DESCRIPTION

30 Minutes: Friday, May 10, 12:00 pm ET-12:30 pm ET

Speaker: Drew Collins

Drew’s passion for cooking will inspire even the most inexperienced cooks to create more joy in the kitchen. Drew, who wasn’t always a cook, will share his own development of a cooking passion and how it boosts his well-being. He’ll explore reasons why people don’t cook—even though they might want to—and discuss tools and tricks to eliminate (or at least alleviate) some of those barricades to the kitchen. You’ll leave feeling “hungry,” ready to tie on aprons, and inspired get cooking!



SCIENCE

Link Between Cooking & Well-Being

Cooking can bolster well-being through [multiple pathways](#)—including fostering positive emotions, engagement, relationships, meaning, and a sense of accomplishment and mastery (Farmer & Cotter, 2021). For example, a 2023 global [survey by Gallup](#) found that people who said they enjoyed cooking in the past seven days were more likely to be thriving (Dugan, 2023). It also found that people who said they regularly eat dinner with people they know (4+ times in the past week) were happier. Additionally, the specific food we choose to cook (nutritious vs. junk food) can contribute to mental and physical health (Firth et al., 2020; Francis et al., 2019).



TIPS & RESOURCES

- See Drew’s attached “Perfect Pantry” list, which recommends items to keep stocked to make cooking easier.
- Meghan McCarro (2020). [If You Literally Never Cook, Start Here](#). Eater.com.
- [Easy Recipes for Beginner Cooks](#). New York Times.



SPEAKERS BIO

DREW COLLINS

Drew Collins is a talent management professional, coach and thought leader with a drive to conceptualize, create and realize projects and programs focused on developing individuals and teams. Drew is a Senior Manager of Attorney Career Development for Robinson+Cole LLP, a firm of 250+ attorneys headquartered in Hartford, CT with offices spanning the Northeast, Mid-

Atlantic and Florida. In his role at R+C, Drew acts as a partner and advocate for the attorneys with whom he works, primarily in the areas of professional development and career progression. Drew also manages the internal and external CLE and PD programming for the firm and is highly active as a leader on the firm's Wellbeing Committee.

Prior to joining R+C, Drew fulfilled various roles in Talent Management at AmLaw 100 firms. As a former attorney himself, Drew is keenly focused on how to align wellbeing and performance in the industry. To that end, Drew has pursued additional training in coaching, change management and Diversity, Equity, Inclusion & Belonging ("DEIB"), and currently holds a Professional Certified Coach (PCC) credential from the International Coaching Federation (ICF), Diversity and Inclusion certification from Cornell University and is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM-CPT).

Drew received his JD from Northeastern University and his BA from Tufts University. He lives in Los Angeles with his husband and standard poodle and, when not working, can usually be found cooking, running, writing, at the gym or headed to Disney.

References

Dugan, A. (2023). *Cooking and eating together: Key ingredients for well-being?* Gallup.com.

Farmer, N., & Cotter, E. W. (2021). Well-being and cooking behavior: Using the positive emotion, engagement, relationships, meaning, and accomplishment (PERMA) model as a theoretical framework. *Frontiers in Psychology*. [Advance online publication.]

Firth, J., Solmi, M., Wootton, R. E., Vancampfort, D., Schuch, F. B., Hoare, E., ... & Smith, L. (2020). A meta-review of "lifestyle psychiatry": the role of exercise, smoking, diet and sleep in the prevention and treatment of mental disorders. *World Psychiatry*, 19(3), 360-380.

Firth, J., Solmi, M., Wootton, R. E., Vancampfort, D., Schuch, F. B., Hoare, E., ... & Smith, L. (2020). A meta-review of "lifestyle psychiatry": The role of exercise, smoking, diet and sleep in the prevention and treatment of mental disorders. *World Psychiatry*, 19(3), 360-380.

MATERIALS NOTE

These materials were prepared for Well-Being Week in Law 2024, an event of the Institution for Well-Being in Law. The science blurbs were prepared by Dr. Anne M. Brafford, JD, MAPP, PhD. The session leaders contributed to the Tips & Resources for their sessions. Others are welcome to use these materials with proper attribution.



MAY 6-10, 2024



THE PERFECT PANTRY

O&V

Olive Oil | Canola Oil | Vinegar
(Red/White Wine or Balsamic)

GRAINS

Rice (Brown or White) | Pasta | Quinoa

SPICES

Salt | Pepper | Garlic Powder (Not Salt)
Onion Powder | Sweet Paprika | Oregano
Thyme | Cumin | Red Pepper Flakes

BAKER'S ITEMS

All-Purpose Flour | Granulated Sugar
Honey or Agave

ODDS & ENDS

Canned Tomatoes (Diced & Crushed)
Canned Beans | Premade Mixes | Stock or
Broth



THE PERFECT TOOLS

POTS & PANS

Skillet | Frying Pan | Dutch Oven | Sauce Pan (3-4 Quart) | Saute Pan (with Lid)

UTENSILS

Spatula | Stirring Spoon | Slotted Spoon
Ladle | Peeler | Masher

KNIFES

Chefs Knife | Serrated Knife | Paring Knife

OTHER ESSENTIALS

Measuring Spoons | Measuring Cups (Dry & Liquid) | Cutting Board | Kitchen Shears
Colander | Fine Strainer | Mini Scoop
Meat Thermometer | Scrap Bowl

HELPFUL MACHINES

Blender | Food Processor