

YOU'RE INVITED!

WELL-BEING reboot

A Fresh Start for Positive Change.

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

WHAT IS IT?

Well-Being Week in Law (WWIL) is organized annually by the Institute for Well-Being in Law (IWIL) during Mental Health Awareness Month. Its aim is to raise awareness about mental health and encourage action and innovation across the profession all year-round to improve well-being. 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. WWIL seeks to spotlight these issues and help catalyze action.

2024 THEME

This year's theme—***Well-Being Reboot: A Fresh Start for Positive Change***—embodies two key ideas:

1. A clean slate to restart our well-being action plans (that may have been part of our waning New Year's resolutions) and
2. Behavior change to enhance well-being.

Programming will focus on actively trying new things and behavioral psychology tools to support sustainable change. For example, every day, we'll recommend mini well-being experiments to try out that may spark insight and inspiration to make long-term, positive change.

WHEN IS IT?

May 6-10, 2024. The month of May is Mental Health Awareness Month.

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

HOW CAN I GET INVOLVED?

The WWIL team of volunteers has been working hard to make it easy for you to get involved. Visit the WWIL website for everything you need to know to join an event or organize your own activities:

1. Register as an [individual](#) or as an [organization](#) to be entered into a raffle to win prizes.
2. Sign up for a webinar.
3. Download a Participation or Activity Guide, resources, and tools.
4. Plan to engage in daily mini well-being experiments.

Questions? Email WWIL Co-Chairs, Anne Brafford, ambrafford@gmail.com, and Tara Antonipillai, tara@cultivate.center