



FRIDAY

FEEL WELL: Emotional Well-Being

LET'S TRY A FEW Well-Being Mini Experiments To Feel Well



WELL-BEING
**WEEK
IN LAW**

WELL BEING
reboot
A Fresh Start for Positive Change.



Institute For
Well-Being In Law





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MENTAL HEALTH SELF CHECK-IN

Do a mental health check-in with yourself today. Start by taking a brief mental health self-assessment. Use a mental health checklist to evaluate any areas of risk for you and make a plan to take action. Resources are available on the WWIL website.



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FOCUS ON WHAT YOU'RE DOING

One of the simplest prescriptions for greater happiness is this: *Think about what you're doing.* We're happiest (and less depressed) when we're mentally present while engaging in the world—i.e., when our thoughts match our actions. Working to improve control of our attention (especially when we're stressed, when wandering thoughts tend to turn negative) can aid our mental health.





CHANGE YOUR SCENERY

Explore new things and add variety to your daily routine, which can positively impact mood, well-being, and creative thinking. For example, try small changes of scenery, like a new coffee shop or lunch-time restaurant, taking your laptop outside for an hour, or working in a fresh location for a day.

