

MONDAY

STAY STRONG: Physical Well-Being

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



WELL-BEING
**WEEK
IN LAW**

WELL BEING
reboot
A Fresh Start for Positive Change.



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STACK UP YOUR STEPS



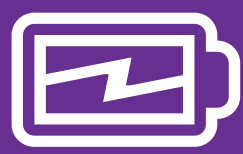
Get physically active for **25 minutes** today through small bouts of activity all day.

Be creative and stay positive about moving (“Yay-more chances for steps!”): Walk wherever possible (to work, for coffee, to talk to colleagues); park far away; try walking meetings; walk your dog one more time.



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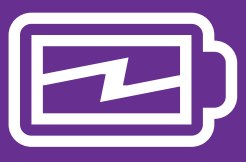
TRY SOMETHING NEW – OR RENEWED

Engage in a physical activity for at least **30 minutes** that's new to you or that you've dropped but want to start again. Ideally, pick something you enjoy, that's challenging and helps you grow, and builds connection with others.



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SLEEP TIGHT

Use the DREAM acronym to improve your sleep quantity and quality.



D: Darkness

R: Routinize your pre-sleep routine

E: Establish a consistent sleep schedule

A: Avoid screens and synthetic blue light before bed **AND** if you wake in the night

M: Move and eat to improve your sleep

