



THURSDAY

CONNECT: Social Well-Being

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



WELL-BEING
**WEEK
IN LAW**

WELL BEING
reboot
A Fresh Start for Positive Change.



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DON'T BE A JERK AT WORK

Even when you're busy and stressed, do your best to avoid being sarcastic, disrespectful, curt, snide, rude, or unfair to your colleagues—in person or email. Research shows that incivility and interpersonal conflict have a bigger negative effect on others' sense of belonging than social support's positive effect. So, even if you can't be cheerful, try not to be mean.





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BOOST BELONGING AT WORK



Today, pick a way to make a meaningful contribution to benefit your work group or organization—or support a colleague in doing so. When we can contribute our unique strengths, skills, ideas, and perspectives to benefit our groups in meaningful ways, we feel more like integrated, valued group members. The result is greater belonging, inclusion, engagement, and well-being.



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SEND A QUICK GRATITUDE NOTE

Use IWIL's free e-message tool to send a note of appreciation to a colleague, client, friend, or family member. Feeling and expressing gratitude is an easy, science-based way to help protect and promote our physical and psychological health and strengthen our relationships at work and at home.



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