



WEDNESDAY

ENGAGE & GROW:

Career & Intellectual Well-Being

LET'S TRY A FEW Well-Being Mini Experiments To Engage & Grow



WELL-BEING
**WEEK
IN LAW**

WELL BEING
reboot
A Fresh Start for Positive Change.



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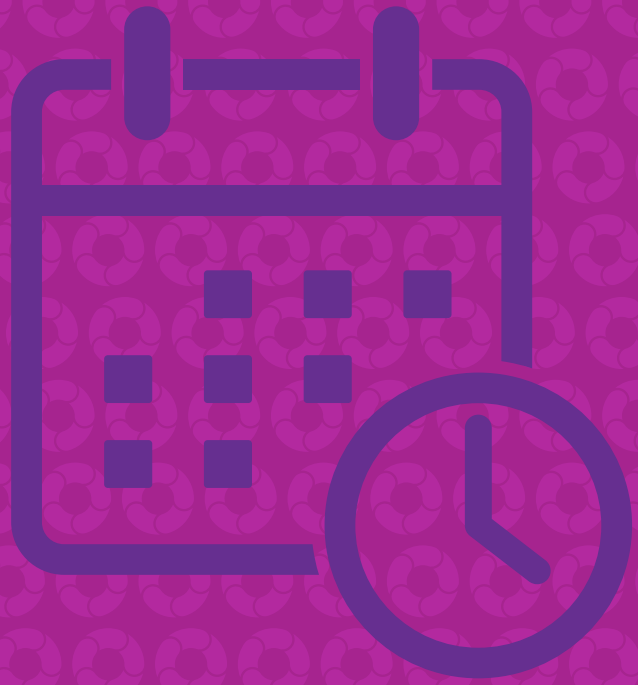




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STRETCH YOURSELF

Positive challenge and continual growth are strong sources of mental well-being. Pick an activity or area of growth on which to focus in work or nonwork domains over the next three months. To get ideas for nonwork options, attend WWIL's **"Share Your Passion Program"** on Friday, May 10th.



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BUILD BREAKS INTO YOUR WORK DAY

Take several breaks throughout your work day to help maintain focus, brain health, and mental well-being. There aren't one-size-fits all rules about breaks, so find what works for you. Use an hourly timer as a reminder to check in with your mind and body about whether it's time for a break. Or add a few daily breaks as calendar entries. Encourage and support colleagues in doing the same and avoid break-shaming.





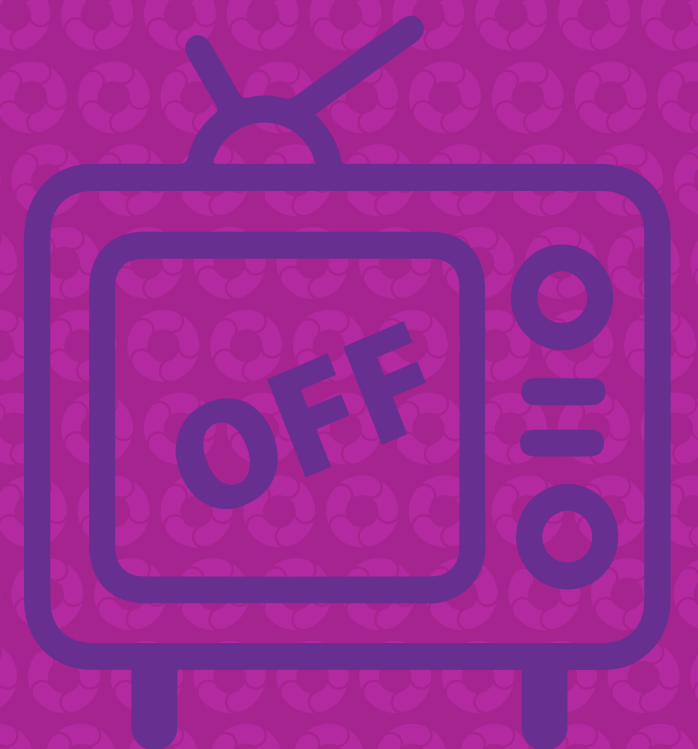
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TURN OFF THE TV TURN UP YOUR PERSONAL GROWTH

For just today, curb or eliminate TV-watching. In that time slot, do something you enjoy (alone or with others) that helps you grow intellectually, interpersonally, or creatively. Read a (nonwork) book or magazine. Paint, draw, sculpt, cook, or bake. Film a fun family video. Go for a photography awe walk. Plant something. Such mini experiments might give us the insight and inspiration needed to begin to make new, healthier choices about how to invest our nonwork time.



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