

**MONDAY**

**STAY STRONG:** Physical Well-Being

# Let's Try A Few Well-Being Social Prescriptions To Stay Strong

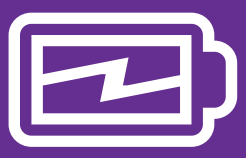


**WELL-BEING  
WEEK  
IN LAW**



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# GET ACTIVE WITH OTHERS

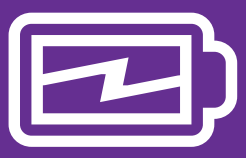


Team up with others to support a daily goal of at least **30-minutes** of physical activity, which bolsters mental and physical health. You can get started today by joining the free Well-Being Week in Law Move Together virtual activities, scheduled for 1-3 pm ET.



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# KEEP THE FUN HAPPY HOURS; DITCH THE HANGOVER

Plan fun after-work events that don't center on alcohol or make people feel awkward for not drinking. Having fun with colleagues after work is a great idea. It can reduce stress while promoting social bonding, engagement, and well-being. Often, though, after-work fun includes booze, which can damage mental and physical health. Brainstorm with colleagues about activities that focus more on "happy" (social bonding, stress-reduction) and less on alcohol.



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# 4-WEEK SLEEP SQUAD CHALLENGE



Recruit a Sleep Squad of colleagues to participate in a **4-week** challenge to collectively improve the quality and quantity of sleep. Chronic sleep deprivation can harm mental and physical health. To encourage improvement, we've created a 4-Week Sleep Challenge guide (available on the WWIL website) to help your group track and reward progress.



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