



TUESDAY

ALIGN: Spiritual Well-Being

Let's Try A Few Well-Being Social Prescriptions To Align



**WELL-BEING
WEEK
IN LAW**



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SEIZE THE DAY WITH GRATITUDE AND SERVICE

Live today in gratitude and service. Be fully present to others, look for ways to benefit them, listen deeply, and say 100 thank yous before the day ends. Most Americans say that they're religious and/or spiritual. Many look to work as an opportunity to fulfill spiritual needs and enact spiritual values, which often focus on benefitting others. To cultivate spiritual well-being today, look for ways to **be grateful** and **of service** to others.



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REVITALIZE YOUR DAY WITH CONTEMPLATIVE PRACTICES

Experiment with a new contemplative practice or focus on deepening a practice you've already adopted. Contemplative practices are a type of spiritual practice used across religious and spiritual traditions, which may support not only spiritual well-being but also emotional, social, and psychological well-being. For ideas to try, download the free [Contemplative Practices Guide](#) available on the [WWIL website](#).



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ENCOURAGE (AND PERSONALLY LIVE) TEAM VALUES THAT BOLSTER SPIRITUAL WELL-BEING

Coordinate work team activities designed to integrate human-centered values. How we prioritize and live our values can boost or undercut spiritual well-being. An orientation toward extrinsic values—focused on wealth, image, and status—harms spiritual and psychological well-being and predicts loneliness, selfish behavior, and racial and ethnic prejudice. An intrinsic value orientation—focused on personal growth, relationship quality, contributing to the community and the greater good, and self-acceptance—bolsters well-being and team functioning.

