



WEDNESDAY

ENGAGE & GROW:

Career & Intellectual Well-Being

Let's Try A Few Well-Being Social Prescriptions To Engage & Grow



**WELL-BEING
WEEK
IN LAW**



**Institute For
Well-Being In Law**





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PUT DOWN YOUR SMARTPHONE, UPLIFT YOUR CAREER WELL-BEING

Try a 1-week experiment of reducing your daily smartphone use by 60 minutes. A recent study found that people who cut down their daily smartphone use by just 60 minutes had more positive mental health—especially when they replaced the phone time with physical activity. Give it a try and then evaluate whether you want to extend the experiment.



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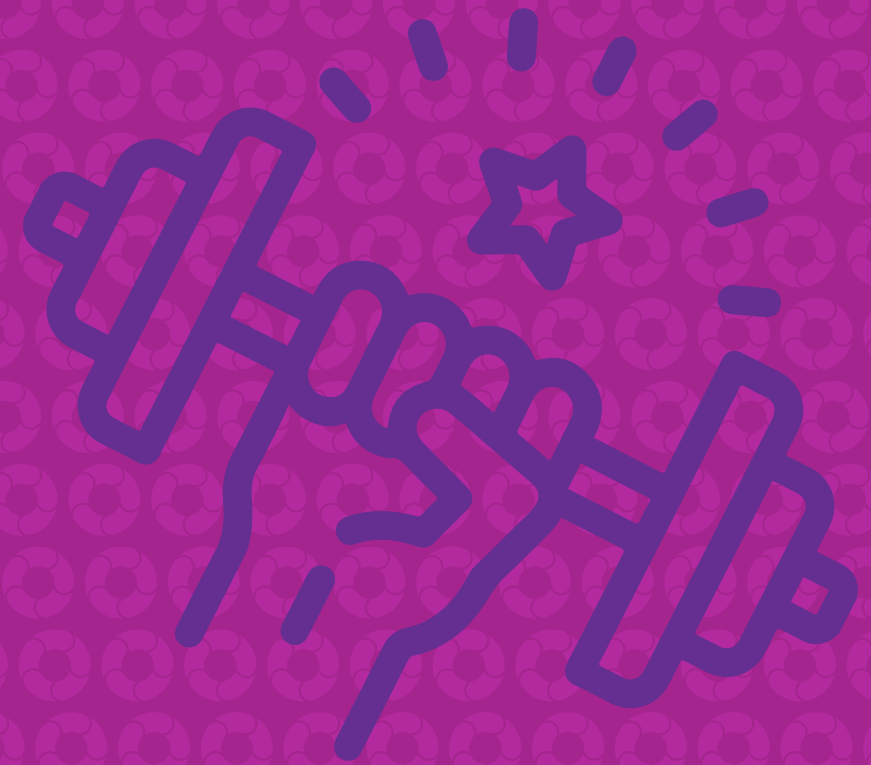


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CELEBRATE COLLEAGUES' STRENGTHS



Start a new habit of strengths-spotting at work. Strengths-spotting—observing and celebrating others' strengths—can make people feel valued and affirm that their unique contributions are noticed, invited, and appreciated. A free Strengths-Spotting Worksheet is available on the WWIL website.



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ENGAGE IN TEAM VACATION PLANNING TO BOLSTER WELL-BEING

Plan vacations and take them—and encourage and enable others to do so. A large lawyer study found that one of the biggest predictors of well-being was number of vacation days taken. This factor had a bigger impact than lawyers' income level. Always trading work for vacation is not a great well-being strategy. So, take some time to plan to unplug and help others do so.

