

MON

STAY STRONG
Physical Well-Being

TUES

ALIGN
Spiritual Well-Being

WEDS

ENGAGE & GROW
Career & Intellectual
Well-Being

THURS

CONNECT
Social Well-Being

FRI

FEEL WELL
Emotional Well-Being

WELL-BEING WEEK IN LAW

PARTICIPATION CHECKLIST FOR WELL-BEING TASK FORCES

Welcome to the Well-Being Week in Law (WWIL) team! Incredible work is being done across the country by state well-being task forces, bar associations, and lawyer assistance programs to support long-term well-being in the legal profession. WWIL is an opportunity to spotlight those amazing contributions and contributors. This Checklist provides ideas for participating.

WHAT IS WELL-BEING WEEK IN LAW?

Well-Being Week in Law (WWIL) first launched in May 2020, and it's now organized annually by the Institute for Well-Being in Law (IWIL). It occurs the first week of May to align with Mental Health Awareness Month.

The aim of WWIL is to raise awareness about mental health and encourage action and innovation across the profession all year-round to improve well-being.

WHAT ARE WWIL'S DAILY THEMES?

Each day of WWIL focuses on a theme that corresponds to a distinct dimension of holistic well-being for legal professionals:

- **Monday: STAY STRONG (Physical Well-Being):** Striving for regular activity, good diet and nutrition, and enough sleep and recovery. Limiting addictive substances and seeking help for physical health when needed.
- **Tuesday: ALIGN (Spiritual Well-Being):** Cultivating a sense of meaning and purpose in work and life. Aligning our work and personal lives with our values, goals, and interests.
- **Wednesday: ENGAGE & GROW (Career & Intellectual Well-Being):** Seeking personal satisfaction, continuous learning and growth in our professional and personal lives, and financial stability. Engaging in creative or intellectually challenging activities that foster ongoing development, and monitoring cognitive well-being.
- **Thursday: CONNECT (Social Well-Being):** Building connection, belonging, and a reliable support network. Making meaningful contributions to our groups and communities.
- **Friday: FEEL WELL (Emotional Well-Being):** Valuing emotions. Developing an ability to identify and manage emotions for health, to achieve goals, and to inform decisions. Seeking help for mental health when needed.

WAYS FOR YOU TO PARTICIPATE IN WELL-BEING WEEK IN LAW

We encourage you to meaningfully participate in WWIL in ways tailored to your needs, resources, and membership. You can use the ideas below and on the WWIL website to help build a unique and creative plan. However you choose to participate in WWIL, **know that your work matters.**

✓ **Marketing: Spread the Word!**

Use WWIL as a chance to spread the word about your own work to support well-being in the legal profession.

- Free content to help you spread the word about WWIL can be found on the event website.
- Share WWIL content through social media channels and communication networks and, at the same time, publicize ways for members to access your own well-being related resources.
- Develop a calendar to showcase plans for WWIL.

✓ **Outreach: Expand the Reach!**

Use WWIL as a chance to introduce your programming to new people and improve current connections.

- Engage in outreach to promote WWIL and your own resources and services via email or social media.
- Distribute WWIL updates along with your own programming information and service offerings to law firms and/or local bars.
- Conduct a survey of law firm well-being initiatives and then highlight exemplars during WWIL.

✓ **Programming: Produce the Content!**

During WWIL, bring your members together to learn something new.

- Facilitate round table discussions to highlight current work and collect future ideas.
- Host a speaker panel with well-being leaders to provide insight and practical tips.
- Record podcast-style interview content to share real member stories related to well-being.

✓ **Services: Develop Their Well-Being Skills!**

During WWIL, offer time and space for participants to practice well-being techniques.

- Host groups to practice self-care strategies, including meditation, yoga, and breathwork.
- Facilitate workshops to provide opportunity for skill development.
- Offer one-on-one consultations for stress management and boundary development.

✓ **Engagement: Increase the Involvement!**

Use WWIL activities to help motivate individuals to participate on a more active level.

- During WWIL, send out personalized “thank you” messages, recognizing well-being leaders for their efforts and expressing gratitude.
- Put out a call for member submissions to showcase personal well-being tips during WWIL.
- Encourage engagement in WWIL activities through points-earning challenges based on participation.
- Refer people to the Well-Being Week Schedule on the WWIL website, which includes daily mini well-being experiments and webinar registration.

***Many thanks to Jennifer Clayton, LMSW, Well-Being Program Manager at the New York State Bar Association, for her contribution to this checklist!*