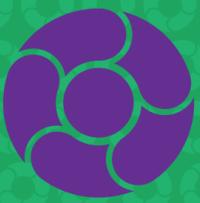




FRIDAY

FEEL WELL: Emotional Well-Being

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



**WELL-BEING
WEEK
IN LAW**



Institute For
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FOR “SOCIAL CURE” BENEFITS, STRENGTHEN YOUR CONNECTION TO MEANINGFUL GROUPS

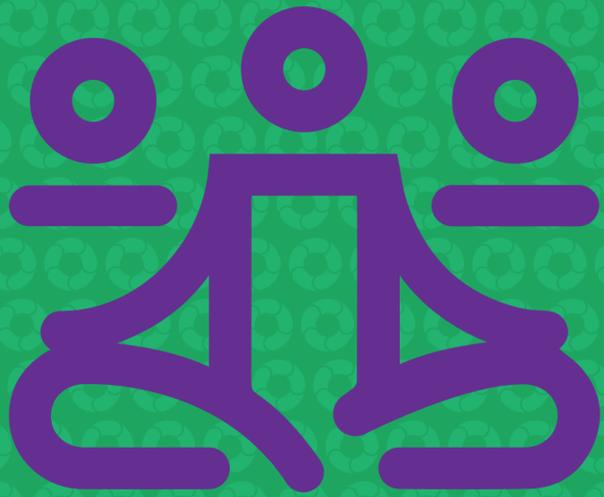
Make a plan to strengthen your connection to meaningful social groups. According to “Social Cure” research, people with many group memberships have higher well-being than those with few—above and beyond the number of interpersonal relationships they have. In short, **groups are good for us**. To help you get started, the free *5 Steps to Connect with Groups to Boost Well-Being* guide is available on the WWIL website.





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JOIN A GROUP MEDITATION

Join a meditation group to cultivate mental well-being while connecting with others focused on personal growth. The Mindfulness in Law Society offers weekly “Mindful Mondays” (3pm ET) and “Wakeful Wednesdays” (5 pm ET), which are virtual group sits. Anyone in the legal profession is welcome to attend.



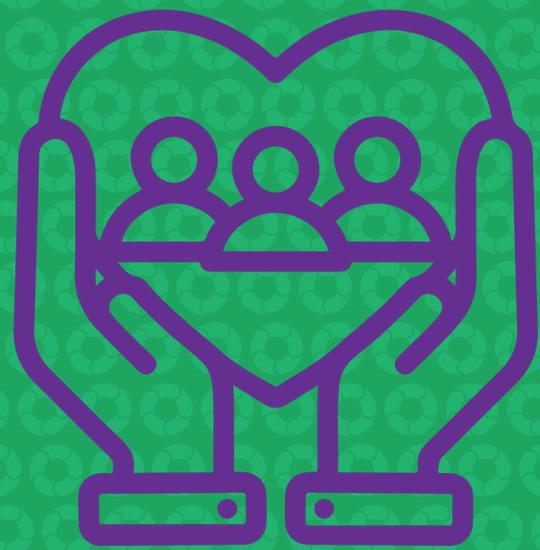
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GIVING AND RECEIVING THROUGH COMMUNITY SERVICE

Organize an activity for volunteers or join a community service project. Such activities support others in need while boosting our own mental health. Do you feel like you don't have enough time to volunteer? You're not alone. Research suggests, though, that spending time on other people can actually increase your subjective experience of time.





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DO A MENTAL HEALTH CHECK-IN WITH YOURSELF & OTHERS

We can't fully show up for others as we'd like when we're not mentally well. Today, take some time to do a mental health check-in with yourself. You can start by taking a brief mental health self-assessment. Also, educate yourself about signs that colleagues' mental health is suffering and how to respond appropriately. Resources are available on the WWIL website.



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