

MAY

31-DAY MENTAL HEALTH CHALLENGE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“One cannot lead a life that is truly excellent without feeling that one belongs to something greater and more permanent than oneself.”

-- Mihaly Csikszentmihalyi

4 Try several [relaxation techniques](#) today to recover and re-charge for the new work week. Make a habit of those that work well for you.

5 **PHYSICAL WELL-BEING**
Join a [WWIL “Move Together”](#) physical activity session today from 1-4 pm ET. Try ballet, boxing, yoga, and more.

6 **SPIRITUAL WELL-BEING**
Pick a new [contemplative practice](#) to experiment with to deepen your spiritual well-being.

7 **CAREER WELL-BEING**
Make a colleague feel recognized, valued, and accepted today by [spotting & celebrating their strengths](#).

8 **SOCIAL WELL-BEING**
Join in the [“Recipes for Connection” campaign](#) by sparking a meaningful connection over a meal today.

9 **EMOTIONAL WELL-BEING**
[Take steps today](#) to strengthen your ties to groups you value. A sense of group belonging is [essential for well-being](#).

10 [Seek out a little wonder](#) and awe: Watch a sunrise, visit a museum, or stargaze.

11 [Start a dance party](#) with friends or family. Just turn on a favorite song and get moving!

12 **PHYSICAL WELL-BEING**
Plan a fun after-work event that doesn't center on alcohol or make others feel awkward for not drinking.

13 **SPIRITUAL WELL-BEING**
To bolster [spiritual well-being](#) today, be fully present to others and look for ways to be of service.

14 **CAREER WELL-BEING**
Try to [understand others](#) at work better through perspective taking exercises.

15 **SOCIAL WELL-BEING**
Use [IWIL's e-message tool](#) to send a gratitude note today to a colleague, client, friend, or family member.

16 **EMOTIONAL WELL-BEING**
Take time today to [educate yourself](#) about mental illness symptoms and what to do if you spot them in colleagues.

17 Schedule something enjoyable or that matters to you **and do it**. Such [“behavioral activation”](#) supports mental health.

18 Spend time [in nature today](#). People with good nature connectedness tend to be happier.

19 **PHYSICAL WELL-BEING**
How can you get started today improving [the quality of what you eat](#) to support mental and physical health?

20 **SPIRITUAL WELL-BEING**
Watch a [short video](#) of fellow legal professionals describing how they integrate spirituality.

21 **CAREER WELL-BEING**
Add [ice-breakers](#) to meetings to foster connection and curb workplace loneliness.

22 **SOCIAL WELL-BEING**
Organize an activity [for volunteers](#) or join a community service project.

23 **EMOTIONAL WELL-BEING**
Do a mental health check-in by taking a [self-assessment](#), reflecting on the results, and making a plan.

24 Create and listen to a [“good mood” music playlist](#). Share your picks with others and ask for theirs.

25 Go on a photo walk, taking photos of things that [bring you joy](#) or that [make your life feel meaningful](#).

26 **PHYSICAL WELL-BEING**
Join a virtual group meditation session led by the [Mindfulness in Law Society](#) at 3 pm ET every Monday.

27 **SPIRITUAL WELL-BEING**
Try [gatha practice](#) today, which involves reciting short verses to call us to the present moment.

28 **CAREER WELL-BEING**
Do a [job-crafting activity](#) with colleagues and discuss how to support each other's career goals.

29 **SOCIAL WELL-BEING**
Do a bundle of [small acts of kindness](#) today for colleagues, clients, friends, and family.

30 **EMOTIONAL WELL-BEING**
[Try a short guided meditation](#) or breathing exercise to reset your mind.

31 Make a plan to connect with others next month!