

YOU'RE INVITED!



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

WHAT IS IT?

Well-Being Week in Law (WWIL) started in May 2020 to align with Mental Health Awareness Month and encourage action and innovation to improve well-being across the profession all year round. Too many in the legal profession struggle with mental health and alcohol use disorders. Many others, while not dealing with a diagnosable illness, still are not fully well. Getting involved with WWIL can help make a difference.

2025 THEME.

This year's overall theme is **The Social Rx: Boosting Well-Being with Connection**. High-quality relationships and group belonging are chief sources of well-being. From decades of research that reflects this conclusion, we pulled some highlights that are available [here](#). What the research tells us is that social connection can bolster all well-being dimensions—including physical, spiritual, career and intellectual, social, and emotional well-being.

This week, we encourage you to actively engage in well-being experiments and activities and to recruit others to support your efforts. High-quality social support makes it more likely that you'll all achieve your well-being goals and is itself a well-being booster.



WHEN IS IT?

May 5-9, 2025. The month of May is Mental Health Awareness Month.

MAY		01	02	03
04	05	06	07	08
09	10	11	12	13
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30			

HOW CAN I GET INVOLVED?

The WWIL team of volunteers has been working hard to make it easy for you to get involved. Visit the WWIL website for everything you need to know to join an event or organize your own activities:

1. It's simple (and free) to [register for Well-Being Week in Law](#) to be entered into a raffle to win prizes.
2. Sign up for a webinar.
3. Download a Participation or Activity Guide, resources, and tools.
4. Engage in daily "social well-being prescriptions" that help you take small steps toward greater well-being.

Questions? Email WWIL Co-Chairs, Anne Brafford, ambrafford@gmail.com, and Tara Antonipillai, Tara@lawyerwellbeing.net