

This Guide lists all of the activity and information guides created for Well-Being Week in Law 2025

PARTICIPATION GUIDE FOR ORGANIZATIONS

Compiles the [daily recommended](#) Well-Being “Social Prescriptions” and other information for organizations participating in WWIL.



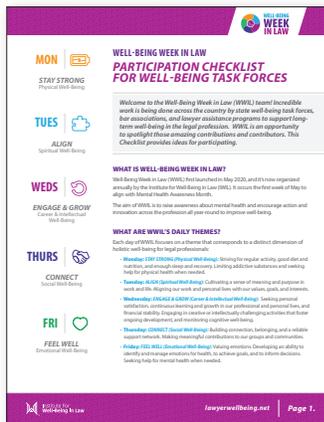
SOCIAL CURE RESEARCH HIGHLIGHTS

Provides a [quick synthesis](#) of research showing that high-quality relationships and group belonging are essential for mental health and combating loneliness.



PARTICIPATION CHECKLIST FOR WELL-BEING TASK FORCES

Gives a [checklist](#) of ideas for participating in WWIL for state well-being task forces, LAPs, and bar associations.



5 STEPS TO CONNECT WITH GROUPS TO BOOST WELL-BEING

An [activity guide](#) to help you set goals and make a plan for building more high-quality social group connections that bolster well-being.



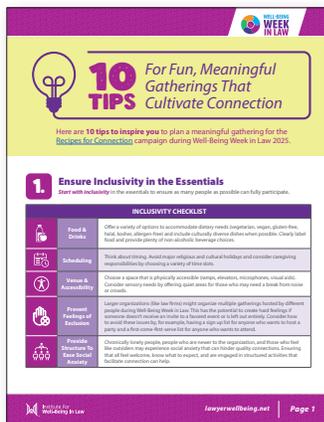
COMBATING THE WORKPLACE LONELINESS EPIDEMIC: RESEARCH HIGHLIGHTS

Gives [research highlights](#) of the growing loneliness epidemic in the U.S., including workplace loneliness.



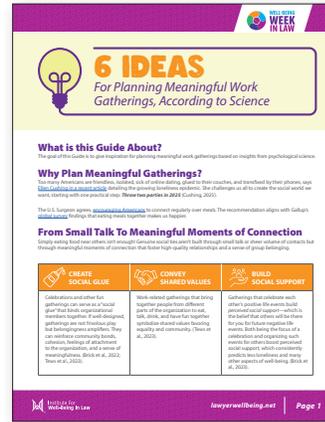
10 TIPS FOR FUN, MEANINGFUL GATHERINGS THAT CULTIVATE CONNECTION

Gives [specific ideas](#) to promote meaningful conversations, easy party themes that enable guests to share about themselves, recommendations for cultivating inclusive experiences, a list of "dos and don'ts" for work-related gatherings, and more.



6 IDEAS FOR PLANNING MEANINGFUL WORK GATHERINGS, ACCORDING TO SCIENCE

Gives [science-backed ideas](#) for creating memorable gatherings, such as designing shared experiences, the importance of positive leader engagement, fostering group pride, and making inclusion the heart of the gathering.



4 WEEK SLEEP CHALLENGE

An [activity guide](#) for groups to collectively support efforts to improve the quality and quantity of sleep, which is critical to mental and physical health.



BOLSTERING SPIRITUAL WELL-BEING IN LAW

Gives a [quick look](#) at the large portion of Americans who consider themselves spiritual or religious, how spirituality at work is defined and practiced, and how it benefits others aspects of well-being.

BOLSTERING SPIRITUAL WELL-BEING IN LAW

- 70% Most Americans say that their religious and/or spiritual beliefs themselves is an essential part of their spirituality.
- 74% Say that feeling connected to something larger than themselves is an essential part of their spirituality.
- 83% Believe that one of the most important parts of spirituality is to help others.
- 70% Say that feeling connected to God is an essential part of their spirituality.

Understanding, under the weight of constant deadlines and pressures, many legal professionals have not been trained to consider their spirituality.

"Probably more than in any other profession, legal practitioners have been trained to ignore intuition, emotions, spiritual, and other human gifts that best facilitate connections with other humans on matters of meaning and values." (Culbert, 2013, p. 130).

DEFINING SPIRITUALITY
In the book for legal professionals—*Replenishing Resilience: Finding the Spirit and Connection to the Legal Job*—Steven Kross described spirituality as the experience of feeling awe, awe, wonder, and awe in the world.
An everyday practice of connecting with the inner part of ourselves that is "responsive to the deepest, most important needs of meaning to see those" and is "capable of apprehending the sacred in the everyday."

DEFINING SPIRITUAL HEALTH & WELLNESS
Effectively managing daily challenges, leading to the realization of one's full potential, meaning, and purpose, and fulfillment from within, and an appreciation for the depth and richness of life and nature forces that exist in the universe (Garcia et al., 2016).

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BOLSTERING SPIRITUAL WELL-BEING IN LAW WITH CONTEMPLATIVE PRACTICES

Defines and provides examples of a variety of contemplative practices that are available to deepen spirituality and bolster spiritual well-being. Includes a helpful infographic.

BOLSTERING SPIRITUAL WELL-BEING IN LAW WITH CONTEMPLATIVE PRACTICES

The Tree of Contemplative Practices

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STRENGTHS-SPOTTING WORKSHEETS

Worksheets to develop a [habit of strengths-spotting](#)—i.e., observing and celebrating others' strengths. This practice can make people feel valued and affirm that their unique contributions are noticed, invited, and appreciated. Also included are worksheets to identify your own strengths and use them more and in new ways at work.

WHEEL OF LIFE - WORKSHEET

OVERVIEW
In this activity, you'll use your character strengths more and in new ways to make progress on goals in a selected life area in which you want to devote more attention.
Hundreds of studies have found that, when we consciously use character strengths more and in new ways at work, we have more positive work experiences—including engagement, well-being, job satisfaction, and the experience of meaningfulness (Peterson & Paine, 2007). Similar positive effects show from strengths use in our personal lives. In other domains, character strengths can be the goal itself (e.g., striving to build strengths of gratitude, kindness, or creativity) or can be the pathway for reaching a goal (e.g., using the strength of curiosity to develop relationships at work).
Many busy professionals struggle to prioritize all life areas that they value. Life areas that many people value include family, relationships, personal growth, career, health, spirituality, social life, and creative development. Goals focused on such values can be described as self-concordant—i.e., in alignment with our personal interests, values, talents, needs, and motives. Research shows that progress on such goals consistently supports our mental health and well-being and our ability to pursue the flow of activities (Isikawa, 2016). Goals based on intrinsic values—e.g., personal growth, health, self-acceptance, being fulfilled, meaningfulness in life and work, close and caring relationships, contributing to the community—are especially beneficial.

INSTRUCTIONS

- 1. Pick An Area.** First, pick a life area that you value that you want to focus on over the coming month—e.g., family, relationships, personal growth, career, health, spirituality, social life, and community involvement.
- 2. Select Strengths.** Select 1-3 strengths that you want to bring forth in the life area so that you want to use to help you achieve your goals in the area. Consider your signature strengths—happiness strengths, and other relevant strengths. A table of VIA character strengths is provided below. An appendix prepares the "happiness strengths"—those that are most strongly associated with positive emotional experience. If you'd like to delve deeper, you can take the free VIA assessment here. You can use this worksheet to help achieve your results.
- 3. Create Goals.** Create two or three goals for using your strengths in your selected life area. For example, identify the specific situations and practices in which you'll focus. We're more likely to achieve behavior change when we create specific goals and experience some "quick wins."

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