

WELL-BEING WEEK IN LAW

BAR ASSOCIATION PARTICIPATION GUIDE



WELL-BEING
WEEK
IN LAW

MAY 3-7, 2021

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

THIS GUIDE'S PURPOSE

Participation by Bar Associations is essential for making Well-Being Week in Law (WWIL) a success! And well-being in the profession was never more important than right now. This Guide gives recommendations to help get you started with your plans. Ways to participate include:

Raise Awareness & Anticipation

Use social media or your other communication channels to build anticipation for upcoming Well-Being Week activities. Logos, infographics, and other marketing materials are freely available for download on the [Communications Toolkit](#) page of the website. We encourage use of the hashtag #WellbeingWeekInLaw for social media posts!

Host Virtual Lunch & Learn Sessions

The WWIL team has prepared recommendations below for articles, videos, and activities (and more will be available on the website). Bar Associations can participate by hosting a virtual lunch and learn session where, before or during the session, you invite participants to watch a video, read a related article, or both. They then can discuss what they learned and create personal action plans.

Pose A Well-Being Challenge

Each day, invite your members via social media to participate in a group challenge or activity that relates to that day's well-being dimension. Invite participants to post comments or photos of their activities on social media.

Recommend Resources

Each day, via email or social media, recommend an article, book, video, well-being tip or gadget to your members.

Inspire Them

Post inspirational quotes related to each day's well-being dimension or a short story about an exemplar of lawyer thriving.

Help Them Plan

Distribute a WWIL News Briefing that provides a schedule of activities and tips for participation.

MON



STAY STRONG (Physical Well-Being)

- **WATCH THIS:** Bahar Gholipour (2016). [Exercise Changed This Neuroscientist's Life And Now She Wants To Change Yours](#)—Profile of Dr. Wendy Suzuki. HuffPost Video Profile, 6:28. Dr. Suzuki talks about how exercise transformed her life and led her to research the interconnection between physical activity and peak brain functioning.
- **READ THIS:** Deborah Grayson Riegel (2021). [Don't Underestimate the Power of a Walk](#). Harvard Business Review.
- **DO THIS:** Active Meeting Challenge. Encourage your members to do all of their meetings (or even just one!) on Monday while [standing up](#) or [walking](#) and post on social media about it using the hashtag #WellbeingWeekInLaw.

TUES



ALIGN (Spiritual Well-Being)

- **WATCH THIS:** Jane Park (2020). [Connecting With What Matters](#). Greater Good Magazine, 3:25 mins. Writer and “happiness guinea pig” Wajahat Ali describes his experience with a science-based Values Affirmation activity in which he focuses on his Islam religion.
- **READ THIS:** Jessie Cohen (2017). [Ways to Incorporate Your Spirituality at Work](#). WeWork.com
- **DO THIS:** Try an Awe Walk. Invite members to complete the [Awe Walk Activity Guide](#) and post about their experience on social media using the hashtag #WellbeingWeekInLaw.

WEDS



ENGAGE & GROW (Career & Intellectual Well-Being)

- **WATCH THIS:** FightMediocrity (2015). [Flow: An Animated Book Summary](#). YouTube, 5:20 mins. Gives a video summary of the best-selling book that proposes that fostering more “flow” (a state of complete absorption in engaging activities that are optimally challenging) in our daily lives is a key to growth and happiness.
- **READ THIS:** Leo Babauta (2012). [Nine Steps to Achieving Flow in Your Work](#). Greater Good Magazine.
- **DO THIS:** Job Crafting. Invite members to complete the [Job Crafting Activity Guide](#) and post about their experience on social media using the hashtag #WellbeingWeekInLaw.

THURS



CONNECT (Social Well-Being)

- **WATCH THIS:** Shawn Stevenson (2019). [The Model Health Show: The Science of Friendship & How your Community Impacts Your Health with Dhru Purohit](#). In this podcast/YouTube video, Dhru Purohit shares how deep and meaningful friendships can help you thrive, how strong relationships can support your well-being, and how connecting with others can help you reach your goals. 1hr, 15 min.
- **READ THIS:** Nelson D. Schwartz (2020). [Working From Home Poses Hurdles for Employees of Color](#). New York Times. "Without the networks and encounters that offices provide, companies must foster the visibility of Black and Hispanic workers, diversity experts say."
- **DO THIS:** Invite members to complete the [Loving-Kindness Meditation Activity](#) Guide and post about their experience on social media using the hashtag #WellbeingWeekInLaw.

FRI



FEEL WELL (Emotional Well-Being)

- **WATCH THIS:** Guy Winch (2014). [Practicing Emotional First Aid](#). TEDx, 17:15 mins. Because too many of us deal with common psychological-health issues on our own, Dr. Guy Winch advocates for better emotional hygiene — taking care of our emotions and minds with the same diligence as we take care of our bodies.
- **READ THIS:** Alice Boyes (2020). [Feeling Overwhelmed? Here's How to Get Through the Workday](#). Harvard Business Review.
- **DO THIS:** Positivity Challenge. Invite members to choose one of the 8 science-based positive emotion-boosting activities in the Positive Emotions [Worksheet](#) and post about their experience on social media using the hashtag #WellbeingWeekInLaw.