

May - Lawyer Well-Being Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May is Wellness Month for Lawyers and Judges and May 6 through 10 is National Well-Being Week in Law! The goal is to raise awareness and educate lawyers and judges about wellness and the importance of self-management.			1 Pause to plan wellness strategies for yourself throughout the month of May.	2 <i>Thankful Thursday</i> How to Practice Gratitude - Mindful Notice 3 things that you can see right now that you are grateful for.	3 Ask a colleague to join you for lunch today.	4 Try not working at all today – limiting yourself to checking your email twice.
5 Nurturing the Soul: Six Powerful Ways to Promote Spiritual Wellness - Enhanced Wellness Living	6 <i>Mindful Monday</i> Take 2 minutes to focus on inhaling and exhaling. Recall a time you felt curious about something and sought the answer. What did you learn?	7 Do 5 new things that positively impact or improve the welfare of colleagues or clients. Choose things outside your normal routine and do them all in one day.	8 8:00am - Mindful Self-Reflection 2024 Well-Being Week In Law — Mindfulness in Law Society	9 <i>Thankful Thursday</i> Say thank you to at least 5 people who contribute to your life.	10 Set an alarm to stand up and take a break for 3 to 5 minutes at the top of every hour during your work day.	11 Do something decadent – e.g., a delicious meal, a manicure/ pedicure, a long walk, an awesome workout.
National Well-Being Week in Law - Institute For Well-Being In Law - (lawyerwellbeing.net)						
12 Mother's Day Celebrate someone who provides you with encouragement, support, and wisdom.	13 <i>Mindful Monday</i> A 12-Minute Meditation for Honoring Our Connection to Ourselves and Others - Mindful	14 Do something today to inspire awe. Awe enhances the experience of having a rich life and experiencing interconnectedness.	15 Engage in a physical activity for at least 20 minutes.	16 <i>Thankful Thursday</i> Contemplate 3 things that bring you joy and smile as you reflect.	17 Take a walk at lunch time today and just notice your surroundings. You may see things in a new way.	18 Try a new activity, from watching a new TV show or reading a new book to gardening or biking or painting.
19 Pause to release and forgive. Breathe deeply in and out. On each inhale, imagine peace. On each exhale, release anger, resentment, and disappointment.	20 <i>Mindful Monday</i> Take 2 minutes to focus on inhaling and exhaling. Ask yourself: what does living a life of integrity mean to me?	21 Try desk yoga today. Desk-Yoga_Final-2021.pdf (lawyerwellbeing.net)	22 Choose a healthy snack and a mid-afternoon mindful pause.	23 <i>Thankful Thursday</i> Write a thank you note or email to a member of your support staff or a colleague who has contributed to your career.	24 Make plans with friends to enjoy an evening together.	25 Do something with someone you love.
26 Celebrate someone who served in the armed forces.	27 Memorial Day <i>Mindful Monday</i> Memorial Mindfulness: Grief and Gratitude Psychology Today	28 Familiarize yourself with your strengths. Self-Mastery-and-Peak-Performance-Through-Character-Strengths-2021.pdf (lawyerwellbeing.net)	29 Find an organization that means a lot to you and schedule time to commit to volunteering or make a donation.	30 <i>Thankful Thursday</i> Spend 5 minutes brainstorming (perhaps writing) everything you are grateful for from this month of May 2024.	31 As your day winds down, spend 5 minutes dancing – solo or with others.	
American Bar Association – Prongs of Well-Being	Social – Build connection, belonging, and a reliable support network. Contribute to the community.					370 IWIL WWIL 30-Day-Mental-Health-Challenge-Calendar_2024-1.pdf (lawyerwellbeing.net) Well-Being Week in Law 2024 - MASTER CALENDAR.docx (google.com)
	Occupational – Strive for personal satisfaction and growth at work. Aim for financial stability.					
Intellectual – Continuously learn and develop. Think critically and continue to grow.						
Emotional – Understand, identify, learn from, and regulate emotions. Seek resources for mental health.						
Physical – Eat well. Sleep well. Move regularly. Use healthy strategies for reducing stress.						
Spiritual – Cultivate meaning and purpose in work and life. Align with values, goals, and interests.						