

MAY



2025



SUN	MON	TUE	WED	THU	FRI	SAT
			30 Join us for a morning drop-in chat from 9 – 10 a.m. with our OAAP counselors, focused on this week’s well-being theme.	1 To explore social well-being, check out this TedTalk from science writer Lydia Denworth on the science of friendship .	2 Reflect on how you attended to your well-being this week and identify something you want to continue.	3 Start a well-being journal – it’s a good mindfulness practice and helps process events of the day and regulate emotions.
4 Get the “ Helper’s High ” by volunteering for one of your favorite causes.	5 New blog post Check out the Institute for Well-Being in the Law (IWIL) activities and seminars for Well-Being Week 2025, here .	6 Try an “ awe walk ” and for added benefit, bring a friend or loved one along.	7 Join our morning chat at 9! Prioritize sleep today. Use research-based strategies to give your body the rest it needs.	8 Tired of small talk and want deeper social connections? Try one of these questions for more meaningful conversations.	9 Set a healthy boundary today.	10 Spend quality time with friends today.
11 Engage in an act of kindness . Research says even one can change your life.	12 New blog post Plan a special healthy meal and use your best china & glassware to enjoy it.	13 Add meditation to your routine. Try the Tibetan way of “short moments, many times” if sitting for a long meditation seems overwhelming.	14 Join our morning chat at 9! Learn how you can stop overthinking things and reduce your anxiety.	15 Get a good dose of gratitude today! Listen to Unsung Hero then identify someone whose kindness mattered to you.	16 Watch one (or more!) of these TED talks to learn how to talk about your feelings.	17 Have a technology free meal with family or friends.
18 Engage in some sort of creative pastime today, it’s good for your mental and physical health .	19 New blog post Incorporate one or more of these exercises into your routine.	20 Find out how Breathwork can improve your well-being in many ways.	21 Join our morning chat at 9! Try a new stress management technique like watching a cute animal video .	22 Host a walking meeting .	23 Pick a positive emotion to focus on this weekend.	24 Get out into nature today. It is good for your health and makes us happier .
25 Create a vision board . You’re 1.2 to 1.4 times more likely to achieve your goal if you commit to it in writing.	26 New blog post Spend some time getting to know your inner voice today.	27 Blast your “walk up song” when you start your workday. Don’t have one? Here’s how to find yours .	28 Join our morning chat at 9! Try out a delight practice to explore Tuesday theme of spiritual well-being.	29 Check out a quick yoga practice with the OAAP’s Kirsten Blume to center your physical well-being.	30 Reflect on what went well during this challenge and something you’d like to carry into next month.	31