

MAY



2026



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Reflect on how you attended to your well-being this week and identify something you want to continue.	2 Start a well-being journal – it’s a good mindfulness practice and helps process events of the day and regulate emotions.
3 Get the “Helper’s High” by volunteering for one of your favorite causes.	4 Check out the Institute for Well-Being in the Law (IWIL) activities and seminars for Well-Being Week 2026, here .	5 Try an “awe walk” and for added benefit, bring a friend or loved one along.	6 Join our Well-being month in the Law CLE: Culture Change: What’s working in our firms and legal services organizations	7 Tired of small talk and want deeper social connections? Try one of these questions for more meaningful conversations.	8 Set a healthy boundary today.	9 Spend quality time with friends today.
10 Engage in an act of kindness . Research says even one can change your life.	11 Plan a special healthy meal and use your best china & glassware to enjoy it.	12 Add meditation to your routine. Try the Tibetan way of “short moments, many times” if sitting for a long meditation seems overwhelming.	13 Learn how you can stop overthinking things and reduce your anxiety.	14 Get a good dose of gratitude today! Listen to Unsung Hero then identify someone whose kindness mattered to you.	15 Watch one (or more!) of these TED talks to learn how to talk about your feelings.	16 Have a technology free meal with family or friends.
17 Engage in some sort of creative pastime today, it’s good for your mental and physical health .	18 Incorporate one or more of these exercises into your routine.	19 Find out how Breathwork can improve your well-being in many ways.	20 Prioritize sleep today. Use research-based strategies to give your body the rest it needs.	21 Host a walking meeting .	22 Pick a positive emotion to focus on this weekend.	23 Get out into nature today. It is good for your health and makes us happier .
24 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.	25 Spend some time getting to know your inner voice today.	26 Blast your “walk up song” when you start your workday. Don’t have one? Here’s how to find yours .	27 Try out a delight practice to explore Tuesday theme of spiritual well-being.	28 Check out a quick yoga practice with the OAAP’s Kirsten Blume to center your physical well-being.	29 Please join Oregon’s legal community at the Well-being summit at the Oregon State Bar. Click here for how to do that.	30 Reflect on what went well during this challenge and something you’d like to carry into next month.