

May 31-Day Mental Health Challenge

Well-Being Week in Law
May 1-5, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Check out a quick yoga practice with the OAAP's Kirsten Blume to center your physical well-being.	2 Try out a delight practice to explore Tuesday theme of spiritual well- being.	3 Focus on your career well-being and learn your strengths, values, preferences at work. Try out this Job Crafting exercise from IWIL.	4 To explore social well-being. Join IWIL webinar with Dr. Marisa Franco, friendship and belonging expert to learn about the science of friendship .	5 Reflect on how you attended to your well- being this week and identify something you want to continue.	6 Start a well-being journal – it's a good mindfulness practice and helps process events of the day and regulate emotions.
7 Get the " Helper's High " by volunteering for one of your favorite causes.	8 Ask your HR Department about your available benefits. See if engaging with a Health or Wellness Coach is available to you.	9 Try an " awe walk " and for added benefit, bring a friend or loved one along.	10 Prioritize sleep today. Use research-based strategies to give your body the rest it needs.	11 Tired of small talk and want deeper social connections? Try one of these questions for more meaningful conversations.	12 Set a healthy boundary today.	13 Spend quality time with friends today.
14 Engage in an act of kindness . Research says even one can change your life.	15 Plan a special healthy meal and use your best china & glassware to enjoy it.	16 Add meditation to your routine. Try the Tibetan way of "short moments, many times" if sitting for a long meditation seems overwhelming.	17 Learn how you can stop overthinking things and reduce your anxiety.	18 Get a good dose of gratitude today! Listen to Unsung Hero then identify someone whose kindness mattered to you.	19 Watch one (or more!) of these TED talks to learn how to talk about your feelings.	20 Have a technology free meal with family or friends.
21 Engage in some sort of creative pastime today, it's good for your mental and physical health .	22 Incorporate one or more of these exercises into your routine.	23 Find out how Breathwork can improve your well-being in many ways.	24 Try a new stress management technique like watching a cute animal video .	25 Host a walking meeting .	26 Pick a positive emotion to focus on this weekend.	27 Get out into nature today. It is good for your health and makes us happier .

<p style="text-align: right;">28</p> <p>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.</p>	<p style="text-align: right;">29</p> <p>Spend some time getting to know your inner voice today.</p>	<p style="text-align: right;">30</p> <p>Blast your "walk up song" when you start your workday. Don't have one? Here's how to find yours.</p>	<p style="text-align: right;">31</p> <p>Reflect on what went well during this challenge and something you'd like to carry into next month.</p>			