

We may be physically separate, but we are all in this together. The Bar's Member Assistance Council invites you to remotely join in on these daily activities/challenges to increase your wellness and well-being. Share your experiences on social media using #LawyerWellBeingAZ and #LawyerWellBeingWeek.

"You yourself, as much as anybody in the entire universe, deserve your love and affection." – Buddha

Monday – Stay Strong: Today, do your meetings, or at least one of them, while standing or walking (even walking in place) rather than sitting. Did this make a difference? How did you feel after moving around a bit more than usual? Or, if you have no meetings, spend 30 minutes on a physical activity today – walking, running, bicycling, something aerobic.

Tuesday – Align: Today, attend to the inner you. Do something to refresh and renew your spirit. Take the time to do a guided meditation or practice mindfulness. Try Headspace, Aura, Buddhify, Calm, or one of the many mindfulness/meditation apps to get you started if you've never meditated before. Remember, "happiness is when what you think, what you say, and what you do are in harmony." – Mahatma Gandhi

Wednesday – Engage and Grow: Today, take a few minutes to consider your career and where you see yourself in a year, or even two years. Start your plan to get there. Pick up a book you've been meaning to read; it can be fiction or non-fiction. Maybe today is the day you start a book club with colleagues or friends? "It is never too late to be what you might have been." – George Eliot

Thursday – Connect: Today take the time to connect. Maybe with a friend, a colleague, or someone you've kept meaning to call or email but never seem to get it done. Even better, go "old school" and send a handwritten note or card. If you are being helped remotely by staff, think about what you can do for them – a small token, a gift card, or just a "thank you" can go a long way.

Friday – Feel Well: Today is about your emotional well-being. Maybe you need a break – can you take the day off? Think about doing a digital detox today. Turn off your devices. Host a virtual happy hour – it can be alcohol free – the important part is getting together, virtually, with people you like. "Happiness is not something ready-made. It comes from your own actions." – Dalai Lama