



AR JLAP WELL-BEING WEEK OPPORTUNITIES

JLAP is excited to share information about the many well-being activities in Arkansas and nationally.

Click on the program title for information and program registration.

FREE JourneyWELL Online Events

Monday, May 2, Noon-1 PM

[The Basics of Boundaries: Boundaries 101](#)

Many people fear setting boundaries, due to a lack of understanding of what boundaries are, the purpose of boundaries, and the benefits of boundaries. This presentation will answer these questions and give the participants practical steps they can take to set their personal boundaries.

Wednesday, May 4, 12:00 – 1:00 PM

[ARJLAP Lawyers Helping Lawyers \(LHL\) Group – via Zoom](#) (not for

CLE credit) This free, confidential group helps participants explore and build skills for thriving in each dimension of lawyer well-being every Wednesday at noon.

Thursday, May 5, 2:00 – 3:00 PM

[Effective Communication Strategies For Attorneys](#)

While virtual and hybrid meetings linger on, standards and rules seem to have shifted, sometimes awkwardly! Let's explore various tips and strategies for effective communication in the new hybrid workplace. Methods discussed are intended to improve communication with clients as well as colleagues.

Friday, May 6, 3:00 – 4:00 PM

[Judicial Roundtables – via Zoom](#) (not for CLE credit) This free, confidential group led by retired judges allows active judges to access mentorship and peer support for issues associated with judicial stress. Roundtables are open to judges in the state of AR and meet virtually every first Friday at 3pm. (Judges only, registration is required)

INSTITUTE FOR WELL-BEING IN LAW EVENTS – FREE TO ALL

Monday, May 2, 3:00 – 4:00 PM ET

[Practicing Joy, Gratitude, and Awe](#)

Tuesday, May 3, 4:00 – 5:00 PM ET

[4 Spiritual Practices to Foster Greater Purpose in Your Everyday Life](#)

Wednesday, May 4, 4:00 – 5:00 PM ET

[Writing for Well-Being](#)

Friday, May 6, 12:00 – 1:00 PM ET

[Humming Jazmine Sullivan: Emotion Regulation Practices for Legal](#)

[Professionals](#)

Many other recommended resources, free-for-all programs, and inspirations are available in this [Participation Guide](#).

For general information and activity ideas, visit <https://lawyerwellbeing.net/well-being-week-resources/>