



The West Virginia Judicial &  
Lawyer Assistance Program



WELL-BEING  
WEEK  
IN LAW

MAY 2-6, 2022

## WELL-BEING WEEK OPPORTUNITIES

*WVJLAP is excited to share information about the many well-being activities.*

Click on the program title for information and program registration.

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

[Practicing Joy, Gratitude, and Awe](#) - Monday, May 2, 3:00 – 4:00 PM ET

[4 Spiritual Practices to Foster Greater Purpose in Your Everyday Life](#) - Tuesday, May 3, 4:00 – 5:00 PM ET

[Writing for Well-Being](#) - Wednesday, May 4, 4:00 – 5:00 PM ET

[Humming Jazmine Sullivan: Emotion Regulation Practices for Legal Professionals](#) – Friday, May 6, 12:00 – 1:00 PM ET

### **ABA MEMBER EVENTS – FREE TO ABA MEMBERS**

[Practical Mindfulness: Taking Mindfulness Off the Cushion and Into Your Legal Practice for Greater Resilience, Calm and Joy](#) – Monday, May 2, 1:00 – 2:00 PM ET

[What the Worst Day of Your Life Can Teach You: Shifting Your Paradigm of Rejection](#) – Tuesday, May 3, 1:00 PM – 2:00 PM ET

[Redefining Crisis Management: Supporting Lawyer’s Wellbeing by Supporting Client’s Wellbeing](#) - Wednesday, May 4, 1:00 – 2:00 PM ET

[Creativity, Collaboration, & Redefining Success: A Pathway to Wellbeing](#) – Thursday, May 5, 1:00 – 2:00 PM ET

[It’s Time to Talk: Navigating and Surviving Trauma and Grief in the Legal Profession](#) – Friday, May 6, 1:00 – 2:30 PM ET

*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>