WELL-BEING WEEK IN LAW

YOU'RE INVITED!



MON

STAY STRONG
Physical Well-Being

TUES

ALIGN
Spiritual Well-Being

WEDS

ENGAGE & GROW
Career & Intellectual Well-Being

THURS

CONNECT
Social Well-Being

FRI

FEEL WELL
Emotional Well-Being

WHAT IS IT?

Well-Being Week in Law (WWIL) started in May 2020 to align with Mental Health Awareness Month and encourage action and innovation to improve well-being across the profession all year round. Too many in the legal profession struggle with mental health and alcohol use disorders. Many others, while not dealing with a diagnosable illness, still are not fully well. Getting involved with WWIL can help make a difference.

WHEN IS IT?

May 4-8, 2026. The month of May is Mental Health Awareness Month.

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MAY 4-8, 2026

2026 THEME.

This year's overall theme is Tending Joy. Joy Helps Us Thrive, Not Just Survive. Tending joy doesn't mean minimizing real challenges — it means equipping ourselves to face them. Research shows that positive emotions like joy are functional psychological mechanisms that broaden our thinking, build durable personal resources, and create upward spirals toward greater well-being. Positive emotions like joy help repair the physiological effects of stress, accelerate cardiovascular recovery, and expand our capacity to solve problems and connect with others.

WWIL 2026 encourages you to actively tend your joy this week — not by ignoring what's hard, but by making room for what's good alongside it. Try a well-being experiment focused on joy. Notice what already brings you, and others, energy and do more of it.



HOW CAN I GET INVOLVED?

The WWIL team of volunteers has been working hard to make it easy for you to get involved. Visit the WWIL website for everything you need to know to join an event or organize your own activities:

1. It's simple (and free) to visit the Well-Being Week in Law website to view holistic well-being resources for legal professionals.
2. Sign up for a webinar.
3. Download a Participation or Activity Guide, resources, and tools.
4. Engage in daily recommended well-being activities that help you take small steps toward greater well-being.

Visit https://wellbeingweek.org and follow the State Bar of New Mexico on Facebook and LinkedIn for daily well-being resources during Well-Being Week In Law 2026.