

THURS



CONNECT: Social Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 2-6, 2022

WATCH THIS:

[Creating More Lollipop Moments](#), TEDx talk, 6 mins. Drew Dudley talks about how everyday acts of kindness or social connection can have a large impact.

READ THIS:

[Want Stronger Relationships at Work? Change the Way You Listen](#), by Manbir Kaur. Conversations that encourage cooperation and understanding result in the release of hormones like oxytocin that reinforce a bonding experience.

DO THIS:

Be a Joy Multiplier. [Read about](#) how enthusiastically responding to others' good news (called *Active Constructive Responding* or ACR) builds trust and connection. Then peruse an [ACR Worksheet](#) created by the Consortium for Health and Military Performance (yes, the U.S. military teaches ACR!) and get started today practicing your ACR skills to build stronger relationships.



"That which isn't good for the hive, isn't good for the bee." – Marcus Aurelius

