



A few minutes of self-care at your desk won't solve the crisis of well-being for legal professionals but taking some time to try these small activities may make those hard days a bit better. The power to make life better is in your hands, but the responsibility of making positive change is not on your shoulders. Together we can make our profession even better one small step at a time.

# Wellbeing Bingo

# Lunch Hour Edition

## B I N G O

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• DRINK A GLASS OF WATER AND BREATHE DEEPLY FOR 5 MINUTES	• GO FOR A WALK	• TELL A COWORKER THEY ARE DOING A GREAT JOB	• EAT A HEALTHY LUNCH	• WISH SOMEONE A HAPPY BIRTHDAY
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• PERFORM A RANDOM ACT OF KINDNESS	• WRITE A THANK YOU NOTE TO A COLLEAGUE OR COWORKER	• DECLUTTER YOUR DESK	• RESEARCH A VACATION DESTINATION	• REMIND YOURSELF YOU ARE DOING THE BEST YOU CAN
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• BOOK A DOCTOR'S APPOINTMENT	• MAKE A NON-WORK PLAN FOR THE WEEKEND TO LOOK FORWARD TO	• WRITE DOWN 5 THINGS FOR WHICH YOU ARE GRATEFUL	• TURN OFF YOUR NOTIFICATIONS WHILE YOU EAT	• SIGN UP FOR A CLASS (ART, FITNESS, ETC)
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• FIND A RECIPE ONLINE TO MAKE WITH FRIENDS OR FAMILY THIS WEEKEND	• GIFT A BOOK YOU LOVE TO SOMEONE YOU CARE ABOUT	• CALL A FRIEND OR FAMILY MEMBER TO CHAT	• LOOK AT A PICTURE OF SOMETHING YOU LOVE, THINK ABOUT HOW IT MAKES YOU FEEL	• DO ONE THING FOR SOMEONE THAT WILL MAKE THEM SMILE
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• NAME ONE THING THAT BOTHERS YOU AND THAT YOU CAN FIX IN 5 MINUTES; DO THE THING	• STRETCH AT YOUR DESK FOR 5 MINUTES	• LIST THE FIRST 10 WORDS THAT COME TO MIND, PONDER THEM FOR 5 MINUTES	• TALK WITH SOMEONE ABOUT A FILM, SONG, OR BOOK THAT INSPIRES YOU	• BOOK OFF AT LEAST FOUR CONSECUTIVE DAYS, ANY TIME THIS YEAR
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