

Start Your Day with NJLAP

Well-Being in Law Week

May 5 - 9, 2025

Join us daily, live at 10 AM

MON



Physical Well-Being

"caring for, respecting, and advocating for your body."

— Boston University

TUES



Spiritual Well-Being

"exploring beliefs, principles, and values that give meaning and purpose to your life"

— Boston University

WEDS



Intellectual & Occupational Well-Being

Intellectual WB: focuses on continual learning & intellectual stimulation & helps brain health and human development.

Occupational WB: your ability to engage in meaningful work and achieve work-life balance.

— WellnessGrind.com

THURS



Social Well-Being

"our ability to effectively communicate with others, develop & maintain positive relationships, & create a community of support around ourselves"

— Arizona State University

FRI



Emotional Well-Being

"emotional well-being is our ability to effectively cope with life's stressors, and to identify and manage emotions in a way that supports and improves our mental well-being"

— Arizona State University



**For more information,
our list of exciting
speakers for each day,
and to register to attend,
scan this code**

