“People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.”

– Mihaly Csikszentmihalyi

<table>
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<tr>
<th>DAY</th>
<th>Activity</th>
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| Sun | 5. Buy a small gift for a loved one or anonymously pay for someone’s coffee. Spending on others boosts happiness more than spending on ourselves.  
|   | 12. Get a “Helper’s High” by volunteering for one of your favorite causes.  
|   | 19. Set technology boundaries at home so that it serves a positive purpose for your family.  
|   | 26. Spend time in nature today. People with good nature connectedness tend to be happier.  
| Mon | 6. Get physically active for 25 minutes today through small bouts of activity all day. Physical activity is an antidote to depressive symptoms.  
|   | 13. Pick a positive emotion to focus on this week to lift your mood. Emodiversity boosts health, so try practicing a new emotion each week.  
|   | 20. Aim for 8 hours of restorative sleep this week. Enough sleep curbs depressive symptoms and improves emotion regulation quality.  
|   | 27. Practice “defusion” or “un-hooking” from your negative thoughts today to enhance your emotional agility and mental health.  
| Tue | 7. Do something today to inspire awe, which can boost well-being by reminding us of our interconnectedness, the splendor in our world, and larger purposes.  
|   | 14. Identify one thing you can do to help build a more responsible workplace alcohol culture and do it. This IWIL resource guide gives some ideas.  
|   | 21. Try out a new technique or coping skill for stress relief.  
|   | 28. Try out a few breathwork exercises. Keep practicing those that improve your well-being.  
| Wed | 8. Take several breaks during your work day today whenever you feel fatigue. Breaks help maintain focus, brain health, and mental well-being.  
|   | 15. Take the first steps to start learning a new skill—at work or home. Continuous growth and mastery is a pillar of mental health.  
|   | 22. Start using a food tracker to encourage healthy eating, which aids mental health.  
|   | 29. Tell or show two colleagues that their contributions are noticed and valued. Lawyers who feel valued for their skills and as people have the best mental health.  
| Thu | 1. Kick off Mental Health Awareness Month with an 8-dimension Personal Well-Being Assessment. Create an action plan for any area of risk.  
|   | 2. Initiate an honest, open conversation with any colleague showing signs of mental health struggles. Use these tips for doing so.  
|   | 9. Give two people a note of gratitude today. Handwrite or email them or use IWIL’s e-message tool and list of prompts.  
|   | 16. Choose from these 36 questions to create a more meaningful conversation today. Deepening connections can reduce loneliness and enhance well-being.  
| Fri | 3. Focus on empathetic listening today to improve relationship quality.  
|   | 10. Take a mental health self-assessment, and get to know available mental health resources for yourself or others.  
|   | 17. If you have a habit of over-thinking that undercuts your well-being, pick one of these 17 tactics to try out.  
|   | 23. To add more physical activity to your work day, try out a walking meeting. People who sit most of the day are at a higher risk for depression.  
| Sat | 4. Call a friend for a proper catch up. Connecting with friends yields long-term mental health benefits.  
|   | 11. Schedule something enjoyable or that matters to you and do it. “Behavioral activation”–adding fun and value-congruence to our lives fights depression.  
|   | 18. Try a mocktail recipe to curb alcohol use at your Springtime social gatherings.  
|   | 24. Create a “good mood” playlist and listen to it when you need a mood boost.  
|   | 25. Try several relaxation techniques this weekend. Make a habit of those that work well for you.  
|   | 31. Take 5-10 minutes to savor the positive emotions you felt this week and that you anticipate feeling this weekend.