

WEDS



ENGAGE & GROW: Career & Intellectual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 2-6, 2022

LISTEN TO THIS: [How to Be Happier at Work](#), 54:29 mins. On the Happiness Lab Podcast, Yale psychologist Dr. Leslie Santos talks with Dan Harris (from Ten Percent Happier) about how to find greater happiness at work.

READ THIS: [Positive Psychology in the Workplace](#) by Brad Desmond. Founder of positive psychology Dr. Martin Seligman's "PERMA" model offers five pathways to well-being. Learn how to apply them at work.

DO THIS: After reading the article above, take the [Workplace PERMA Profiler](#) (it's free on U Penn's Authentic Happiness website; you'll just need to set up a free account). Make a plan (individually or with your work team) to increase one PERMA element over the next month.

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"Passion for your work is a little bit of discovery, followed by a lot of development, and then a lifetime of deepening." - Angela Duckworth, psychologist and author of Grit
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