

# Wellness Challenge

The CCCBA Wellness Committee encourages members to make taking care of themselves a priority.

Join us on Zoom on select Fridays at Noon to discuss your experience, discover more resources and learn about the upcoming challenge. Please join us!

**Time:** Noon - 1:00 pm, Zoom Meeting

**Cost:** Free for all

**Register:** Online at

[www.cccba.org/attorney-events](http://www.cccba.org/attorney-events)



## March 11 | Wellness Committee

### Reevaluate and Organize

Do you feel stressed, overwhelmed, or distracted? This week's challenge will help you identify which aspects of your life – work, home, family, self-care, or anything else – may need some tweaking and will provide you with some tips and resources to help you regain some control and balance!



## March 25 | Wellness Committee

### Reconnect and Reach Out

Feeling socially connected, especially in an increasingly isolated world, is more important than ever.

Friendships offer a number of mental health benefits, such as increased feelings of belonging, purpose, increased levels of happiness, reduced levels of stress, improved self-worth and confidence.

In the next two weeks, make an effort to reach out by telephone or meet in person with a friend or family member that you have not spoken with or seen since the start of the pandemic.

It is rare to receive handwritten correspondence. Consider rekindling written letter-writing with someone you used to correspond with by snail mail.

## April 8 | Wellness Committee

### Strength Training

This week's challenge involves strength training activities with the goal of enhancing your quality of life by improving your ability to do everyday activities and protecting your joints from injury.

## April 22 | Wellness Committee

### Shopping/Cooking

Are you in a cooking rut? Do you struggle to eat healthy meals that are also family-friendly? If so, check in with us

this week as we provide tasty, quick, fun, and healthy shopping and cooking ideas that the whole household will enjoy. This challenge may involve a group field trip to a local farmer's market and, as an added bonus, local caterer and chef, Lesley Stiles, will join our discussion!



## May 6 | Wellness Committee

### Disconnect

Discover strategies and techniques to allow to step into and out of the office with ease. Drop your phone, tablet, and computer, and disconnect!



## May 20 | Wellness Committee

### Try Something New!

Learning new skills can improve mental wellbeing by boosting self-confidence and building a sense of purpose and helping to connect with others.

In the next two weeks invest time in learning a new skill or improving one that has become rusty. Try Duo Lingo to brush up on the language you studied in high school or college. Pick up an instrument you may have played in your youth and brush up using YouTube tutorials or pick up a new instrument like Ukulele. Teach yourself a hobby like knitting or needlepoint.