

AILA Well-Being Week in Law

2025

Bingo Challenge

Physical Wellness	Mental Wellness	Social Wellness	Spiritual Wellness	Occupational Wellness
Dance	Read or Listen to a Chapter of a Fun Book	Call a Long-Distance Friend or Relative	Make a Gratitude List	Take a Real Lunch Break
Practice Good Posture	Get a Treat	Write a Thank You Note (Or Email)	Listen to Your Favorite Song	Do a 5-Minute Reset of Your Workspace
Eat Breakfast	Doodle Something	Free Space: Go Outside	Show Compassion to Someone	News Fast
Stretch	Write an Affirmation to Yourself	Schedule a Coffee Chat	Meditate for 5 Minutes	Delegate a Task
Get a Full Night's Rest	Play a Game	Compliment Someone	Take a Deep Breath	Learn More About Something You're Interested In



By COB Friday May 9th email a picture or screenshot of your bingo card to Camille Rybacki Koch at ckoch@aila.org for a chance to win a prize.