

# Continual well-being

A continuous process in which lawyers strive for thriving in each dimension of their lives

## Cultural Well-Being

Engaging in practices, customs, foods, arts, language and learning from your own and/or the cultures of others. Cultures can be broadly defined to mean world view, behaviours and traditions based on heritage, country, city, neighbourhood, group/people you identify with, or family of origin.

## Occupational

Cultivating personal satisfaction, growth and enrichment in work.  
Financial stability.

## Intellectual

Engaging in continuous learning and the pursuit of creative or intellectually challenging activities that foster ongoing development.  
Monitoring cognitive well-being.

## Emotional

Recognizing the importance of emotions. Developing the ability to identify and manage our own emotions to support mental health, achieve goals and inform decision-making. Seeking help for mental health when needed.

## Physical

Striving for regular physical activity, proper diet and nutrition. Minimizing the use of addictive substances. Seeking help for physical health when needed.

## Social

Developing a sense of connection, belonging and a well-connected support network, while also contributing to our groups and communities.

## Spiritual

Developing a sense of meaningfulness and purpose  
In all aspects of life

