



LAWYER WELL-BEING WEEK

MAY 4-8, 2020

MON



STAY STRONG

Physical Well-Being

TUES



ALIGN

Spiritual Well-Being

WEDS



ENGAGE & GROW

Career & Intellectual Well-Being

THURS



CONNECT

Social Well-Being

FRI



FEEL WELL

Emotional Well-Being

YOU'RE INVITED TO BE A LAWYER WELL-BEING CHAMPION

WHAT IS IT?

The evidence is in and can no longer be ignored: Too many lawyers aren't thriving. It's time to take action. The first annual **Lawyer Well-Being Week** is one way to do so. You're invited to join organizations across the legal profession to lead and participate in activities that promote health and happiness among lawyers and their support teams.

WHEN IS IT?

May 4-8, 2020. The month of May is Mental Health Awareness Month.

MAY

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WHO'S INVOLVED?

The "who" is you! Multiple organizations that care about well-being in the profession also are involved, including the National Task Force on Lawyer Well-Being, the ABA Law Practice Division Attorney Well-Being Committee, and the ABA Commission on Lawyer Assistance Program's Well-Being Committee. We invite you to join them in being a champion for lawyer well-being.

WHY PARTICIPATE?

Too many lawyers struggle with mental health and alcohol use disorders. Many others, while not dealing with a diagnosable illness, still are not fully well. You may already have taken initial steps to combat the well-being crisis. Lawyer Well-Being Week is a tangible way that your organization can demonstrate that, as a well-being champion, you are committed to helping over the long-term.

HOW CAN I GET INVOLVED?

The Lawyer Well-Being Week team of volunteers has been working hard to make it easy for you to get involved. On our web page, you'll find out how to join an event or organize your own activities:

1. Sign up for a webinar presented by the ABA Law Practice Division.
2. Download an Activity Planning Guide to plan your own activities.
3. Read and download resources and tools (e.g., tip sheets, etc.).
4. Find materials to market your activities, like logos, stickers, social media post ideas, and more.