



# WELL-BEING WEEK IN LAW

MAY 3-7, 2021

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

# ACTIVITY IDEAS

## FOR LAWYER ASSISTANCE PROGRAMS & BAR ASSOCIATIONS

### Practical Tips For Participating in Well-Being Week

## EASY WAYS TO PARTICIPATE

The Well-Being Week in Law (WWIL) team wants to make it easy for Lawyer Assistance Programs (LAPs) and Bar Associations to participate—no matter their level of staffing or funding. A good place to start is the Well-Being Week website:

- The [Legal Association Participation Guide](#) includes content for daily posts that recommend one reading, one video, and one activity related to the daily themes.
- The [Participate Guide](#) (directed to legal employers) has even more options.
- The [Communication Toolkit](#) page includes social media post templates that correspond to the daily themes and also to spread the word in advance of WWIL.

## WHAT WENT WELL IN 2020?

A number of LAPs and Bar Associations had great ideas for participating in Well-Being Week 2020. To get your ideas percolating for WWIL 2021, we can take a look back at some of those highlights, which are collected below.

## ARKANSAS JLAP

The Arkansas Judges and Lawyer Assistance Program (JLAP) participated in Well-Being Week 2020 in multiple ways:

- Provided five free online pre-approved ethics CLEs.
- Posted on social media regarding the six dimensions of well-being and encouraging balance and awareness for their individual lifestyles.
- Conducted a JLAP rap sessions for open discussion about coping and well-being topics.
- Similar plans are underway for 2021, and the Arkansas JLAP also is considering a social media posting contest for each day.

## ST. LOUIS BAR

The Bar Association of Metropolitan St. Louis (BAMSL) hosted a free CLE about making attorney well-being a professional priority that was well-received. The speaker had personal experience as an addict and shared that story as part of the presentation.

## GEORGIA BAR

The Georgia Bar used social media extensively to promote participation in Well-Being Week 2020:

- It used social media to spread the word leading up to Well-Being Week and to promote daily events and activities.
- Because they have found from past experience that posting photos and personal stories from Georgia lawyers trigger the most social media engagement, they sought to use this approach for Well-Being Week.
- For Wednesday's Career/Intellectual Growth theme, they shared photos of lawyers holding signs that said why they chose to practice law (see example below).
- They created a Kentucky Derby-themed "mocktail" happy hour for Thursday's Social Growth theme, which they found to be a lot of

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fun. Social media posts featured bar members in magnificent hats.

- The Georgia Bar also shared some of the readings and videos available on the Well-Being Week website.

### MILWAUKEE BAR

The Milwaukee Bar Association used many of the daily resources available on the Well-Being Week website.

- It used the daily Well-Being Week templates and added some activities, including a 10-minute at home workout video and live streaming yoga.
- They also hosted two zoom discussions about one of the recommended articles—one with judges and one with attorneys.

### NEW YORK STATE BAR

The New York State Bar Association planned a week of activities for Well-Being Week 2020:

- **Podcasts:** Each day featured a new podcast on lawyer well-being on topics like systemic culture change, limiting beliefs, mindfulness, senior lawyer well-being, and stress and anxiety.
- **Social Media:** A social media campaign sponsored by the Lawyer Assistance Program and the Well-Being Task Force highlighted the week's daily well-being topics and provided links to resources and information.
- **Feature Articles:** The May/June edition of the NY Bar Journal (that was available during Well-Being Week 2020) included feature articles on physical well-being and emotional and professional challenges during the COVID-19 crisis.
- **Well-Being Webpage:** The newly launched Attorney Well-Being webpage continued to be updated to include recent information and resources.

### NEVADA BAR

The State Bar of Nevada planned daily activities for Well-Being Week 2020:

- **Monday:** Offered a free 20-minute guided live meditation.

- **Tuesday:** Hosted a Town Hall: “Finding Solutions: Psychological Wellness During the COVID-19 Crisis.”
- **Wednesday:** Encouraged participation in a free Financial Wellness CLE, presented by ABA Retirement Funds.
- **Thursday:** Encouraged members to connect with their legal community by joining a section or local or county bar association.
- **Friday:** Offered a free CLE on “Dealing with Adversity: Identifying and Harnessing Your Emotions.”

### OREGON AAP

The Oregon Attorney Assistance Program (OAAP) organized daily activities during Well-Being Week 2020:

- **Monday:** OAAP attorney counselors presented a webinar to discuss dimensions of wellness and well-being resources.
- **Tuesday:** A Kindness Challenge invited lawyers to perform acts of kindness to be shared on Friday.
- **Wednesday:** Lawyers were invited to share quotes or poems that inspire them.
- **Thursday:** The activity focused on social well-being—it invited lawyers to participate in an informal, 30-minute discussion about how to create community connections.
- **Friday:** OAAP's blog was devoted to lawyer well-being reflections and shared moments of kindness.

### PENNSYLVANIA LAP

The Pennsylvania LAP organized one major speaking event and publicized events hosted by others.

### SOUTH DAKOTA BAR

The State Bar of South Dakota posted daily on social media using the recommended content available on the Well-Being Week website.

### TEXAS LAP

Texas' Lawyer Assistance Program (TLAP) participated in Well-Being Week 2020 with daily remote Zoom activities:

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## PRACTICAL TIPS FOR LEGAL ASSOCIATIONS

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- **Monday:** Hosted “Mindfulness Monday.”
- **Tuesday:** Offered a “Well-Being At Home Boot Camp.”
- **Wednesday:** Hosted “Young Lawyer Well-Being During the Coronavirus.”
- **Thursday:** Featured a Gratitude Extravaganza during which TLAP anonymously shared items of gratitude emailed to them from lawyers and law students across the state.
- **Friday:** For “Very Vulnerable Friday,” TLAP anonymously shared on Facebook stories of experience, strength and hope, including lawyer and law student stories of recovery from mental health and substance use problems.
- **Mindfulness Mondays & Fridays:** The Utah Bar teamed up with the Mindfulness in Law Society to offer virtual “[Mindful Mondays](#)” guided meditations. The Bar also offered a 30-minute meditation, movement, and mindfulness sampler via Zoom on Fridays.
- **Positive Gossip:** Members were asked to send in positive gossip about the great things that lawyers, judges, and staff are doing to help each other, clients, and the community during COVID-19. These positive reports were shared with the community.
- **Lawyers Helping Lawyers & EAP:** The Utah Bar continued to share reminders of where members of the profession can seek confidential assistance if needed.

### UTAH BAR WELL-BEING COMMITTEE

In June 2019, the Utah Bar formed a permanent Well-Being Committee to carry out the recommendations from the [Report](#) from the Utah Supreme Court’s Joint Task Force on Lawyer & Judge Well-Being. Since then, the Utah Bar has offered a host of well-being CLEs and other educational opportunities and gathered data on lawyer and law student well-being to inform future efforts. Some of the Utah Bar’s activities for Well-Being Week 2020 and beyond:

- **Lawyer Well-Being Week Daily Challenge:** The Utah Bar used the Legal Association Guide ([see the 2021 Guide here](#)) to create daily recommendations for a reading, a video, and an activity that aligned with the dimension of well-being featured that day. These were posted on the Utah Bar’s website and through social media channels.
- **Free Resilient Lawyer CLE Webinar Series:** A few weeks before Well-Being Week, Utah offered a resilience webinar each week to help Utah lawyers cope with the challenges of COVID-19 and the stresses of the profession.
- **Best Practices for Lawyers & Legal Employers, Phase 1:** The Well-Being Committee encouraged [legal employers](#) and [legal professionals](#) to adopt its “best practice” recommendations for well-being.

### WISCONSIN LAP

The Wisconsin LAP (WisLAP) participated by posting the daily recommended readings, videos, and activities available on the Well-Being Week website.

Happiness is when what you think, what you say, and what you do are in harmony.  
— Mahatma Gandhi

Plenty of people miss their share of happiness, not because they never found it, but because they didn’t stop to enjoy it.  
— William Feather

The grass is always greener where you water it. — Unknown

You have power over your mind – not outside events. Realize this, and you will find strength. – Marcus Aurelius

To love what you do and feel that it matters, how could anything be more fun?  
— Katharine Graham

### LAP DIRECTOR IDEAS

We're grateful for the great ideas for participating in WWIL offered by LAP Directors in Michigan (Molly Rans), Missouri (Anne Chambers), and Texas (Chris Ritter).

- If you have a media relations team, ask the team to share the materials provided by WWIL through your communication channels.
- Post an article or blog that aligns with one of the WWIL well-being themes (physical, spiritual, occupational, social, emotional).
- Offer health screenings, such as for mental health and substance use disorders.
- Offer stress management consultations.
- Contact local law firms with a list of several topics on which you could provide presentations (virtually via Zoom) or resources.
- Present your own Zoom events, such as Yoga Monday, Stress Management Tuesday, Resilience Wednesday, and the like.
- Facilitate discussion round tables based either on the Zoom presentations you provide or other topics.
- Publicize access to resources.
- Select 3 firms in your state that have a special focus on well-being (a well-being committee, workgroup, etc.). Ask leaders from those firms to participate in a panel discussion to provide tips to other firms that would like to get on board with the well-being movement. Record the panel and provide it to interested parties.
- Host a roundtable discussion with leaders from firms interested in well-being. Use the time to generate ideas, discuss what worked well, and what didn't. Inquire about interest in continuing the roundtables more regularly.
- Host a contest amongst firms in your state that can provide the best way they've celebrated/participated in WWIL. Award the winning firm with a mention in the Bar Journal.
- Participate in a lawyer well-being event in your state.
- Offer to give a presentation for a state or local bar association.
- Thank a well-being leader in your area.
- Provide a short well-being tip for a bar journal or newsletter. Send daily emails of what to read, watch, or do based on Well-Being Week materials.

### OTHER IDEAS

Below are additional ideas from law firms that can potentially be adapted for LAPs and other legal associations.

- Encourage use of Well-Being Week Activity Guides posted on the WWIL website.
- Provide daily tips (e.g., “Mental Health Minutes” or “Well-Being Blasts”) of brief information and activities.
- Distribute well-being tips collected from members.
- Roll out a Wellness Journal focusing on gratitude, connection, purpose, and joy.
- Post member-generated content--e.g., daily brief videos (2-3 minutes) created by members relating to daily well-being themes.
- Create points-earning challenges to complete well-being-related activities to win prizes.
- Design a Well-Being Bingo Card, have a trivia contest, or create a raffle to win prizes.
- Post photos or videos of members doing their favorite well-being strategies.
- Organize round tables: Ask members to read or watch well-being content and participate in informal round tables to meet to discuss.
- Host webinars and short video recordings on various well-being topics.
- Do an interview for a well-being podcast.
- Create a Wellness Calendar.
- Organize a panel of high-profile lawyers to share their own challenges and well-being strategies.

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## PRACTICAL TIPS FOR LEGAL ASSOCIATIONS

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### KLAP Pets At Work Day



### GEORGIA BAR

#### Why Did You Become A Lawyer?



### GEORGIA BAR

#### Trivia Contest



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## PRACTICAL TIPS FOR LEGAL ASSOCIATIONS

### SOCIAL MEDIA POSTS

#### MORGAN LEWIS—IDEAS FOR MEMBER PROFILES



### Thompson & Knight BINGO Card

THOMPSON & KNIGHT LAWYER WELL-BEING WEEK MAY 4-8, 2020				
B	I	N	G	O
<b>ZZZZ!</b> Get a good night's sleep (7 Hours)	<b>JUMPS TARE YOUR DAVE!</b> 20 Jumping Jacks	<b>LOG IT!</b> Record everything you eat and drink for the week	<b>PHONE A FRIEND!</b> Call a colleague just to check in	<b>TAKE THE LUNGE!</b> 20 lunges
<b>FALL RISER!</b> Host or participate in a standing meeting	<b>HUN FORSERS!</b> Jog in Place for 5 minutes	<b>BALANCING ACT</b> Balance on 1 foot while breathing your spells	<b>SNACK ATTACK!</b> Enjoy a healthy snack	<b>BREATHE BABY!</b> Take 20 deep breaths
<b>RE-LECTION</b> Meditate for 10 minutes	<b>GENIUS!</b> Send a "thank you" email to a colleague	<b>FREE SPACE</b>	<b>TUNE DOWN FOR WHIFF!</b> Turn off your phone 30 minutes before bed	<b>OR SNAP!</b> Send a screenshot of you completing one of these activities
<b>ENGAGE YOUR CURVE!</b> Do a Plank for 1 Minute!	<b>CALL ME!</b> Voice chat with family or friends	<b>CAN YOU BUCHH YOUR TOES?</b> Stretch for 10 minutes	<b>BUZZ KILL!</b> No Caffeine after Noon	<b>WALK THE WALK!</b> Take a walk while on a call
<b>DRINK UP!</b> Drink a minimum of 64 oz. of water each day	<b>NAMASTE!</b> Participate in TK Yoga Flow	<b>WORK IT OUT!</b> 20 calf raises	<b>BORED IN THE HOUSE?</b> Clean your workspace	<b>BALANCE DIET!</b> Eat a fruit or veggie with each meal