

Monthly Well-Being Theme Resource Guide: April 30, 2022

May is [Mental Health Awareness Month](#), which IWIL Programming has adopted as its May 2022 well-being theme. Mental Health Awareness Month encourages events and activities that raise awareness about mental health, fight stigma, provide support, educate, and encourage support for people with mental illness and their families. The IWIL team has compiled this Resource Guide that includes a list of tools, assessments, websites, apps, gadgets, and other resources to support psychological well-being.



MENTAL HEALTH & ALCOHOL USE SELF-TESTS

- **Depression, Anxiety, & Addiction**

The website of the nonprofit [Mental Health America](#) offers free, confidential online screening surveys for multiple mental health conditions, including depression, addiction, and anxiety. Following screening, you will receive information, resources, and tools to help you understand and improve your mental health.

- **Problematic Drinking**

VeryWellMind.com provides a free, confidential [self-assessment](#) of alcohol use disorder symptoms. Answering 11 questions will give you an idea if your drinking patterns are safe, risky, or harmful. By recognizing when your drinking habits have become potentially harmful, you can take steps to address them before they cause more damage to your life. The website also includes numerous articles to help you understand your drinking patterns and take action if needed.

- **Self-Reflection: Why Do You Drink?**

How you think about alcohol plays a big role in why and how you use it. Examples of many possible motives for drinking are provided in this [self-reflection exercise](#), courtesy of Jarrett Green.

Note: Self-assessments should not be used in place of a doctor's evaluation. If you believe you may have symptoms of a mental health or alcohol use disorder, please talk to your doctor.



OTHER WELL-BEING SELF-TESTS

- **Positive Mental Well-Being Self-Tests**

Mental health is not measured only by an absence of illness—it also encompasses positive states that reflect psychological thriving. The [Authentic Happiness website](#) is operated by University of Pennsylvania and developed by the Positive Psychology Center, which is led by Dr. Martin E. P. Seligman, founder of positive psychology. It includes a Questionnaire Center that offers free, confidential self-assessments. Free registration is required. Self-tests include, for example:

- General Happiness Scale
- Optimism Test
- VIA Survey of Character Strengths
- Gratitude Survey
- Grit Survey
- Work-Life Questionnaire
- PERMA questionnaires
- Satisfaction with Life Scales
- Meaning in Life Questionnaire.

- **Burnout Self-Test**

This brief [Burnout Self-Test](#) from MindTools assesses the way you feel about your job and your experiences at work, so that you can get a feel for whether you are at risk of burnout. It also provides links to relevant articles about avoiding and recovering from burnout.



CRISIS HOTLINES & HELP LINES

- **Mental and/or Substance Use Disorders**

The Substance Abuse and Mental Health Services Administration (SAMHSA) has a National Hotline in the U.S. that provides a confidential, free, 24-hour-a-day information service for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. The Hotline number is 1-800-662-HELP (4357). More information can be found on the [SAMHSA website](#). There is also an [online resource locator](#) and a texting hotline, where you can send your zip code to HELP4U (435748) to get a list of resources.

- **Suicide Prevention**

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. The Lifeline number is or 1-800-273-TALK (8255). Starting July 16, 2022, dialing “988” will route callers to counselors. More information can be found on the [organization’s website](#).

- **Mental Health Peer-Support Service**

The National Alliance on Mental Illness (NAMI) HelpLine is a nationwide peer-support service, not a crisis line. It provides information, resource referrals, and community support if you or someone you know are living with a mental health condition. The NAMI HelpLine is 1-800-950-NAMI (6264) or info@nami.org. More information is available on the [NAMI website](#).



MENTAL HEALTH TIPS, CHECKLISTS, & WORKSHEETS

- **Depression Toolkit**

The University of Michigan Eisenberg Family Depression Center’s [Depression Toolkit](#) includes information and resources to support mental health for oneself and others.

- **Video: What Is Depression?**

In less than 5 minutes, [this video](#) examines the symptoms and treatments of depression and gives tips for helping friends who may be suffering.

- **Talking To Your Doctor About Mental Health**

This Mental Health America [worksheet](#) will help you consider whether to share a mental health concern with your doctor and how to do so. It seeks to overcome barriers to getting help: Many people (46%) will not bring up a problem if their provider doesn’t ask. More than half (63%) don’t know how to bring up mental health or how to explain what they’re feeling.

- **Tips For Talking About Your Mental Health**

These Tips For [Talking About Your Mental Health](#) from Mental Health America provide guidance on how to start a conversation about your own mental health and how to respond when someone talks to you about their mental health.

- **Managing Mental Health in the Workplace: Conversation Guide from Well-Being Week**

Open communication about mental health can reduce stigma, break down barriers, and build trust—which, in turn, promotes long-term, positive behavioral change. This [Conversation Guide](#) provides basic tips to give supervisors and colleagues confidence to initiate such conversations.

- **Retraining Unhelpful Thoughts – Well-Being Week Activity Guide**

Learning to push back on automatic, unhelpful thoughts that often flood our minds will help us feel better, enable us to intentionally choose behaviors that align with our goals and values, and protect

our mental health. Try out the [Retraining Unhelpful Thoughts Activity Guide](#).

- **Self-Care Check-In**

PositivePsychology.com offers a free [Self-Care Check-In worksheet](#) that provides a quick way to see where more attention is needed to ensure you're meeting your self-care needs.

- **All Well-Being Week in Law Activity Guides**

Find a list of all Well-Being Week in Law Activity Guides [here](#). The Guides provide activity ideas and resources related to all five dimensions of well-being that are the focus of Well-Being Week: physical, spiritual, social, career, and emotional.



MENTAL HEALTH SERVICES

>> IN-PERSON THERAPY

- **Lawyers Assistance Programs (LAPs).** Lawyer Assistance Programs provide confidential services and support to judges, lawyers, and law students who are facing substance use disorders or mental health issues. A directory of state and local LAPs can be [found here](#).
- **Therapy for Black Girls:** Support for Black women to find a virtual or in-person therapist.
- **Therapy for Black Men:** Support for Black men to find a virtual or in-person therapist.
- **Inclusive Therapists Site:** “We center the needs of Black, Indigenous, and People of Color (BIPOC) and the 2SLGBTQIA+ community. We honor the full neurodiversity spectrum and advocate for mental health care accessibility for people with disabilities/ disabled people.”
- **Melanin and Mental Health:** Database for finding therapists of color - targeted at both the Black and Latinx communities in major US cities
- **Latinx Therapy:** Database for finding Latinx therapists in the U.S.
- **Asian Mental Health Collective:** Database for finding Asian therapists in the U.S. and Canada.

>> ONLINE MENTAL HEALTH SUPPORT

A substantial [body of evidence](#) reflects that teletherapy or telepsychology—which includes care delivered via phone, video or both—can work for a variety of problems and populations.

- **Virtual Therapy**

- **Online Therapy: Is It Right For You?** Online counseling may be an effective solution for a variety of issues for which you might seek psychotherapy, e.g., stress, relationship difficulties, bereavement, depression, anxiety, or another mental health problem. This [Help Guide article](#) provides what you need to know to make an informed decision.
- **Best Online Help for Depression.** This [article](#) from VeryWellMind.com (2022) recommends 10 options for virtual therapy for depression across multiple categories, including best overall, best for a budget, best for marginalized communities, best for peer counseling, etc.

- **Apps & Online Tools**

Digital mental health tools require people to log in to a software program, website, or app to interact with content. Such approaches are not the same as teletherapy, which uses videoconferencing or telephone services to facilitate one-on-one psychotherapy (and for which there is a greater body of supporting evidence).

A [growing body of evidence](#) reflects that digital treatments can improve depression symptoms, but it's unclear whether the effect is as strong as with face-to-face psychotherapy. The digital treatments that included human contact in some form—whether in the form of feedback on assignments or technical assistance—have been found to be the most effective in reducing depression symptoms.

- **MoodMission:** App designed to help you overcome feelings of depression and anxiety by developing better ways of coping.
- **Woebot:** Offers a chatbot for therapy. Uses Artificial Intelligence and Natural Language Process to provide cognitive behavioral therapy, interpersonal therapy, and dialectical behavior therapy.

- **Psychology Foundation of Canada:** Provides stress management strategies and a downloadable personalized stress management plan.
- **The Safe Space:** Free app for the Black community that features a number of tools, from breathing techniques and meditations to Black mental health statistics.
- **Moodfit:** Offers customizable tools to help focus on what helps you most. Provides insights into what brings you up and down.
- **Spectrum:** Queer community app for queer people who are isolated, closeted, or at risk. Provides tools to manage mental health, find resources, and connect with the community.
- **Text Therapy Services.** In text-based therapy, you exchange messages using your phone through an app or chat platform throughout the day. This [VeryWellMind article](#) recommends options that cover eight different categories, such as best overall, for anxiety, for depression, for BIPOC and LGBTQ+, etc.
- **Alcohol Addiction Recovery Apps.** There's no substitute for treatment for alcohol use disorders. But finding support in an app can offer daily reinforcement and accountability. [Healthline chose 11 apps](#) based on their content, reliability, and positive user reviews.



- **Lawyers Depression Project**

The [Lawyers Depression Project](#) (LDP) coordinates a group of legal professionals (attorneys, paralegals, law students, and admin) who have suffered from mental health conditions. It is a grassroots project to help break the stigma of discussing mental health and to provide peer support. The LDP hosts a confidential forum and bi-monthly online peer support group meetings.

- **Online Sobriety Support Groups**
Sobriety support groups are aimed at those looking to manage substance use disorders. Groups may be faith-based or secular, promote abstinence or moderation, meet in-person or online, and involve structured coaching and programs or only understanding and support. This [article from VeryWellMind.com](#) recommends seven options for online support groups.
- **Depression Support Groups**
This [article from VeryWellMind.com](#) recommends options for depression support groups, which allow individuals with depression to talk about their experiences while offering each other encouragement, empathy, and support.
- **Mindfulness in Law Society Virtual Sits**
The [Mindfulness in Law Society](#) organizes weekly Mindful Mondays and Wakeful Wednesdays. They generally consist of about 20 minutes of guided meditation with 5 minutes of gathering time at the beginning and 5 minutes at the end for questions and comments. All in the legal profession are welcome. No experience is necessary; experienced meditators and beginners are welcome.



This [article from VeryWellMind.com](#) recommends mood trackers in eight different categories, including best overall, for anxiety, for depression, for bipolar disorder, for stress management, for self-help tools, and for customization. While they cannot diagnose mental disorders and should not be a substitute for professional care, mood-tracking tools can help you monitor how your mood varies and aid you in better understanding stressors and triggers that can cause negative emotions.



MINDFULNESS & MEDITATION TOOLS

- **Smiling Mind** is a free mindfulness app that features hundreds of meditations—enough to keep you engaged without overwhelming you with choice. They are organized into structured programs like Mindful Foundations (35 sessions), Sleep (6 sessions), Digital Detox (8 sessions), and Stress Management (10 sessions). You have the flexibility to choose where to start and to easily jump between programs. Most meditations are in the 5- to 15-minute range, with a few practices up to 45 minutes for advanced meditators.
- **The UCLA Mindful App** was developed by the [Mindful Awareness Research Center](#) at the University of California, Los Angeles (UCLA). It features about a dozen meditations of different types in English and Spanish. You can learn to focus on your breath, your body, or sounds; work with difficult emotions; and cultivate loving-kindness in sessions from 3 to 19 minutes long.
- **Healthy Minds Program app** helps develop skills for a healthy mind—by strengthening mental focus; decreasing stress; and growing resilience, compassion, and better immune health. The app integrates neuroscience and research-based techniques with meditation training to increase overall well-being. The framework of the app's mindfulness and well-being training is organized into four pillars: Awareness, Connection, Insight, and Purpose. Each pillar consists of three to five parts, and each part contains three series and multiple sessions within.
- **Headspace.** Offers science-backed meditation and mindfulness tools. Limited free trial followed by monthly membership options.
- **Insight Timer.** Extensive online meditations, yoga, sound therapy, talks, etc. All searchable by topic with free and premium services.
- **Calm.** Customizable meditations and stories by topic and amount of time. Paid membership
- **Liberate.** Meditation website and app developed by Black people for the Black community.
- **Black Girl in Om.** Monthly membership for Black women and women of color for healing.
- **Shine.** Created to make caring for your mental and emotional health easier, more representative, and more inclusive of all experiences.
- **Tara Brach.** Guided meditations, talks, and resources.
- **Bilingual Center for Mindfulness.** Spanish language meditations and information.
- **Mindful Heart Center.** Japanese speaking mindfulness community.
- **Ten Percent Happier.** App and website with a variety of meditations and talks.
- **Liberate.** Daily meditation app for the Black community, by the Black community.
- **Dr. Candice Nicole.** Guided meditation directed toward healing racial trauma.
- **The Spiritual Litigator.** Support for taking control of your lawyer brain with 5-minute meditations and other resources provided by litigator and life coach Cheyne Scott.



GRATITUDE, REFLECTION, & WELL-BEING TOOLS

- **Gratitude**
The Gratitude app seeks to support those with anxiety and depression by targeting their perceptions of their lives. Features include a daily dose of inspiring quotes and affirmations, daily reminders, and function to write gratitude letters and attach photos. It's essentially a gratitude journal that can be used anywhere.
- **Happify**
Happify offers tools and programs to help you take control of your feelings and thoughts.
- **Day One Journal**
The Day One Journal is a digital journal with numerous feature to help develop good habits, including gratitude and mindfulness. You can store photos, videos, audio files, and other data and also add reminders for appointments.

- **Presently**

Presently is a gratitude app for Android users. You can add daily entries and share them with your family and friends and also set daily alarms to remind you to continue your gratitude practice.

- **Reflectly**

Reflectly uses artificial intelligence to help you reflect upon your daily thoughts and interactions. It also takes note of your habits to provide you with suitable, meaningful journal prompts. The app focuses on helping you learn self-care to achieve ultimate happiness and life satisfaction. It aims to reduce stress levels and teach gratitude, empathy, and kindness.



COLORING TOOLS

Coloring—especially complex, structured designs like mandalas that draw us into a meditative-like state—[has been found](#) to improve mood and reduce anxiety.

- **Colorfy**

Colorfy features an extensive collection of designs and adds new content weekly to keep you interested. You can import your own photo for drawing, create custom mandala designs, and compose custom messages.

- **Recolor**

Recolor provides a quality coloring experience with a large selection of images. It uses a fun Live Colors painting brush in which colors that you paint gradually animate onscreen.

- **Adult Coloring Books**

This [VeryWellMind article](#) (2021) recommends 8 adult coloring books to reduce anxiety.



YOGA

- **The Underbelly Yoga**

Inclusive yoga space to practice four pillars of wellness—physical, mental, emotional, and spiritual.

- **Yoga With Adriene**

Online yoga community.



PHYSICAL ACTIVITY

Because physical and mental health are closely intertwined, our wellbeing practices should include behaviors to protect physical health. For example, regular physical activity can prevent and improve symptoms of depression and anxiety and can improve memory, attention, learning, and cognitive processing.

- **Get Moving Activity Guide**

This Well-Being Week in Law Activity Guide encourages more movement throughout the day and provides ideas for doing so.

- **Active Work Stations**

Purchase (and use!) [an active work station](#), such as a treadmill desk or cycling desk.

- **Nike Training Club**

Free fitness app with 200+ free workouts and targeted training programs.



PODCASTS

- **Path to Lawyer Well-Being:** Sponsored by the Institute for Well-Being in Law and hosted by IWIL Board members Bree Buchanan and Chris Newbold. Introduces cool people doing amazing work to support well-being in the legal profession.

- **Thriving Lawyers:** Podcast by ReelTime Creative Learning Experiences and the Thriving Lawyers Collective. Focuses on candid conversations with lawyers from the U.S. and Canada who have found ways to truly thrive in the practice of law to inspire, motivate, and offer practical solutions.
- **Spiritual Litigator Podcast:** Hosted by litigator and life coach Cheyne Scott. Focused on strategies for managing your mind to avoid burnout and creating a thriving life.
- **Substance Abuse and Mental Illness in the Legal Profession:** ABA law students and recent grads podcast.
- **Daily Matters from Clio:** “Explore the new normal for law firms, how legal professionals can find success in a remote-first world, and how lawyers can best serve clients through this unprecedented situation.”
- **Dr. Adia Gooden:** Podcast and resources for helping you embrace your unconditional worthiness. Specializes in imposter syndrome.
- **Being Well:** Podcast with Dr. Rick Hanson and Forrest Hanson on mindfulness, meditation, and neuroscience topics for improving well-being.
- **Ten Percent Happier:** Wide array of mindfulness-related well-being topics.
- **Between Sessions:** Weekly podcast with therapists Eboni Harris and Eliza Boquin discussing all aspects of mental health (specifically aimed at addressing issues that disproportionately affect POC).
- **Latinx Therapy:** Weekly podcast that discusses mental health topics related to Latinx individuals in efforts to demystify myths and diagnoses.
- **The Happiness Lab Podcast:** Hosted by Dr. Leslie Santos, professor of psychology at Yale. Brings science to the pursuit of happiness.
- **Work Life With Adam Grant.** Hosted by organizational psychologist Adam Grant. Focuses on discovering the keys to a better work life.



WEBSITES

The websites below offer good quality information and resources (not specific to the legal profession) to support your own well-being or to share as part of your organizational programs.

- [VeryWellMind](#)
- [Psychology Today](#)
- [PositivePsychology.com](#)
- [Greater Good Magazine](#)
- [New York Times – Well](#)
- [Well + Good – Healthy Mind](#)
- [HelpGuide](#)
- [PsychCentral](#)
- [Calm Sage](#)
- [Happiful](#)
- [Calm](#)
- [Psycom](#)
- [Mind](#)
- [Healthline – Mental Health](#)



OTHER RESOURCES

- **The Institute for Well-Being in Law.** IWIL’s website provides an extensive (and growing) collection of resources to support well-being in the legal profession—found especially under the [Well-Being Week in Law tab](#). Free videos are available on the [Lawyer Well-Being YouTube Channel](#).
- **Florida Bar Mental Health and Wellness Center.** The [Florida Bar Mental Health and Wellness Center’s website](#) collects information and resources about well-being in the legal profession.
- **Georgia Bar – Lawyers Living Well.** The [Georgia Bar’s Lawyers Living Well website](#) collects information and resources about well-being in the legal profession.



RESOURCE GUIDE AUTHORS

- **Illinois Bar - 2Civility.** The [Illinois Bar's 2Civility website](#) provides information and resources about well-being in the legal profession.
- **Massachusetts Bar – Lawyer Well-Being.** The [website](#) of the Massachusetts Supreme Judicial Court Standing Committee on Lawyer Well-Being collects information and resources about well-being in the legal profession.
- **South Carolina Bar–Living Above the Bar.** The [South Carolina Bar's Living Above the Bar website](#) collects information and resources about well-being in the legal profession.
- **Support for the LGBTQ+ Community.** This 2021 [VeryWellMind.com article](#) provides a list of mental health resources to support the LGBTQ+ community.
- **Black Mental Wellness:** “The mission of Black Mental Wellness, Corp. is to provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.”
- **Specialty Bar Associations**
 - **The LGBTQ+ Bar:** Includes a Mental Health Resources page.
 - **National Asian Pacific American Association:** The largest Asian Pacific American bar association.
 - **National Native American Bar Association:** “Represents the interests of all populations indigenous to the lands which are now collectively the United States : American Indians, Alaska Natives, and Native Hawaiians.”
 - **Hispanic National Bar Association:** “A force for positive change within the legal profession by creating opportunities for Hispanic lawyers and by helping generations of lawyers to succeed.”
 - **National Bar Association:** “Nation’s oldest and largest national network of predominantly African-American attorneys and judges.”

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Tatiana Garcia. As Womble Bond Dickinson’s Professional Development Manager, Tatiana is a strategic learning and development professional and business partner to senior leadership. She promotes the improvement of performance and drives firm wide learning initiatives. She is a champion for lawyers and her collaboration approach leads to the growth of innovative training as well as ongoing relationship building. In her role, Tatiana identifies and develops attorney curriculum and learning initiatives that support retention and advancement. As an avid wellness ambassador, she also currently volunteers for the Institute for Well-Being in Law.

Christina Loftus, J.D., practiced law for over a decade, experiencing and witnessing first-hand the stresses and demands placed on those in the legal profession. Now a licensed mental health professional (Licensed Master Social Worker) and certified coach (Certified Human Potential Coach), Christina’s passion lies in providing mental health assistance and coaching to lawyers. Christina recently presented “Making

Partner With Your Nervous System” for IWIL’s Annual Conference and is an IWIL Newsletter Committee member. Christina enjoys connecting with clients to help them navigate crises, mitigate the effects of stress to prevent burnout, process depression and anxiety, and overcome trauma. www.christinaloftus.com.

Marisa Tashman, JD is a lawyer in Los Angeles, CA. She has a podcast and news letter called [Undefined](#) that explores the journey to full well-being, including issues related to identity, authenticity, and selflove.

Michelle Walter, JD, was an environmental litigator with the United States Department of Justice for 20 years. She left her federal government career in June 2021 to pursue her own business and now guides other legal professionals in finding more resilience. Michele is a Certified Professional Coach and Energy Leadership™ Index Master Practitioner through IPEC; an Associate Certified Coach with the International Coach Federation; a Certified Mindfulness Meditation Teacher through SoundsTrue, Tara Brach, and Jack Kornfield; a Certified NUSHU Group Facilitator; and a Certified Modern Classroom Trainer. She is also an international speaker on mindfulness with Women in Leadership Africa, and has taught mindfulness courses to more than 100 federal government employees, her own clients, and to more than 100 staff in the Colorado Community College system.

USE OF THIS RESOURCE GUIDE

This Resource Guide should not be considered legal or mental health advice or as an endorsement of any of the listed resources by the Institute for Well-Being in Law. It is provided for information purposes only, and you should personally evaluate all resources for fit and effectiveness for the purpose for which you plan to use them.