



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

2023 WELL-BEING IN LAW & MENTAL HEALTH MONTH ACTIVITIES

Well-being and self-care strategies have significant potential to improve overall well-being in the profession, but they are not a panacea and do not diminish the reality of addiction, depression, and other mental illnesses. We can reduce our risk, but we're still at risk, and help is always available through Lawyers Concerned for Lawyers. We are your lifeline. Join us for activities and programs that address these serious issues and help LCL strengthen our community of care in the profession.

LCL'S WELL-BEING IN LAW MONTH ACTIVITIES

- Take the [31 Day Mental Health Challenge](#) (start whenever you want!)
- Read the [LCL Blog Posts](#) on each of the five well-being themes. Read these and reach out to LCL for help anytime.
- Attend [LCL's Lawyer Well-Being Group](#) – This free, confidential group helps participants explore and build skills for thriving in each dimension of lawyer well-being. Thursdays, 12:00 p.m. – 1:00 p.m. Via Zoom
- Take advantage of newly released [LCL On-Demand CLE Presentations](#) : “Managing Ethics, Negativity & Stress” (Ethics) “Hiding in Plain Sight: Eating Disorders” and “On Square Pegs and Round Holes: Exploring Neurodiversity in the Legal Profession” (Elimination of Bias)
- Sign up for [Suicide Awareness & Prevention](#), this Elimination of Bias CLE is the sixth and final program in the MSBA's Lawyer Wellness Series - Tuesday, May 16 3:00-4:00 PM via Zoom. The stress lawyers face is a predictor for depression, and untreated depression is the #1 predictor for suicide. Lawyers must also deal with the fact that clients can be suicidal. This program will help you understand the facts and myths about suicide; recognize signs and indicators for clinical depression, anxiety, and suicide; and provide resources and a protocol for offering and seeking help to prevent suicide.

INSTITUTE FOR WELL-BEING WEEK IN LAW PROGRAMS – WATCH RECORDINGS [HERE](#)

[Moving Together: The Science and Experience of Communal Movement](#)

[What Does the U.S. Surgeon General's Framework for Mental Health and Well-being in the Workplace Mean for You?](#)

[Pro Bono & Community Service as a Pathway to Well-Being & Job Satisfaction](#)

[Building Friendship & Belonging](#)

[How to Build a Workplace that Supports Emotional Well-being](#)