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# WELL-BEING IN LAW & MENTAL HEALTH 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.

**LCL’s Well-Being in Law & Mental Health Opportunities**

* Read the [LCL Blog Posts](https://www.mnlcl.org/blog/) 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](https://www.mnlcl.org/support-groups/#WBG) – 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](https://www.mnlcl.org/services/educational-programs/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)
* Take the [31 Day Mental Health Challenge](https://lawyerwellbeing.net/wp-content/uploads/2023/04/30-day-mental-health-challenge-calendar_2023.pdf) (start whenever you want!)

**Institute for Well-Being Week in Law Programs – Watch recordings** [**here**](https://www.youtube.com/watch?v=fARGh9hsj20&list=PLc2H0JWNmabONSFq0zo9akILGgfcw9Bcn)

[Moving Together: The Science and Experience of Communal Movement](https://us06web.zoom.us/meeting/register/tZctcO-hrz0sGtQEvMSykS_kBhoruIL-n3x9?_x_zm_rtaid=YIi3eCbXRDWucw2TO03R6A.1681743081965.cebbbaf34f77521727dd61ef08414f4b&_x_zm_rhtaid=503#/registration)

[What Does the U.S. Surgeon General’s Framework for Mental Health and Well-being in the Workplace Mean for You?](https://us06web.zoom.us/webinar/register/WN_DJXNmR1kTZ-tFXV0KvQd3g#/registration)

[Pro Bono & Community Service as a Pathway to Well-Being & Job Satisfaction](https://us06web.zoom.us/webinar/register/WN_u1OqoftRRNKiu792oNSFUw%22%20%5Cl%20%22/registration)

[Building Friendship & Belonging](https://us06web.zoom.us/webinar/register/WN_VpjRCHKTRv2W4TEM_grWtg%22%20%5Cl%20%22/registration)

[How to Build a Workplace that Supports Emotional Well-being](https://us06web.zoom.us/webinar/register/WN_gcyN-zrrRZaFrAIY0N-mEQ#/registration)