

# Sneaking in the Veggies: Embedding Well-being in Professional Development Programs

NALP 2021 Annual Education Conference  
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## Exercise #1

Write down three areas of professional development that you plan on focusing on this year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Exercise #2

Write down three terms, topics, or concepts that come to mind when you hear the term well-being:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Exercise #3

Choose one of the professional development topics you wrote down in Exercise #1 and identify at least two dimensions of well-being besides Occupational Well-Being that are intertwined with the topic and how:

**Topic:** \_\_\_\_\_

**Well-Being Dimension:** \_\_\_\_\_

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**Well-Being Dimension:** \_\_\_\_\_

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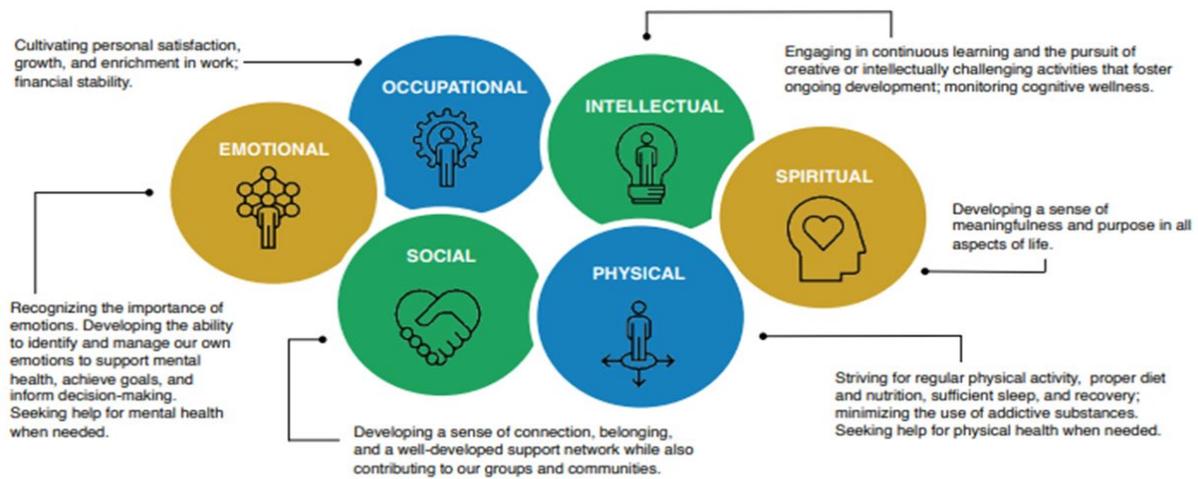
**Well-Being Dimension:** \_\_\_\_\_

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## Defining Lawyer Well-Being

A continuous process in which lawyers strive for thriving in each dimension of their lives:



***2017 Path to Well-Being Report ([www.lawyerwellbeing.net](http://www.lawyerwellbeing.net))***

### **Exercise #4**

Choose one of the professional development topics from Exercise #1 and identify three things traditional professional development programming typically focuses on when discussing this topic:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

For each of those three items, identify at least one dimension of well-being that is connected to, or impacted by, that topic and describe how:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Attorney Well-Being Resources

### Bar Associations

[ABA's Commission on Lawyer Assistance Programs' website](#) – offers additional resources and contact information for each state's Lawyers Assistance Program (LAP), which provide free and confidential mental health and substance use resources to legal professionals.

[ABA and Hazelden Betty Ford Foundation study](#) - first nationwide empirical analysis of mental health and substance use rates in the legal profession. Published in the *Journal of Addiction Medicine* in February 2016.

[ABA Well-Being Pledge](#) and the [ABA's Well-Being Toolkit for Lawyers and Legal Employers](#).

[ABA Wellness Resources for Bar Exam Prep](#) on ABA for [Law Students website](#).

[Canadian Bar Association's website](#) - compiles a variety of useful resources related to promoting well-being and mental health for Canadian legal professionals.

### National Institute for Well-Being in the Law

[Institute for Well-Being in the Law \(IWIL\) website](#) - links to the National Task Force on Lawyer Well-Being's report: "The Path to Lawyer Well-Being: Practical Recommendations for Positive Change," published in August 2017.

[Well-Being Week in Law \(WWIL\) website](#) – offers wealth of resources, information, and ideas for how to incorporate well-being into your life as well as information about how to participate in this year's event (May 3-7, 2021).

**Scholarship** - [Capitalizing on Healthy Lawyers: The Business Case for Law Firms to Promote and Prioritize Lawyer Well-Being](#) by Jarrod Reich, Professor, University of Miami School of Law.

### Resources related to suicidal thinking/ideation

- National Suicide Prevention Lifeline – 1-800-273-8255 (TALK)
- [SpeakingOfSuicide.com/resources](https://www.speakingofsuicide.com/resources)

### NALP Resources

[Well-being in the Recruitment Process Task Force Resources](#)

[Maintaining Well-Being During the Job Search Process](#) (video for students)

[Lawyer and Law Student Well-Being Interest Group](#) – this group has been developing a *2021 NALP Well-Being Best Practices Guide* to capture practices, tools, and tips from our peers who are actively involved in well-being programs.