

To: Beth Moeller, NALP President

Eric Bono, Board Liaison

Fred Thrasher, NALP Deputy Director

NALP Board of Directors

From: Terrene A. Burke, Chair, Lawyer and Law Student Well-Being Interest Group

Date: April 6, 2021

RE: Lawyer and Law Student Well-Being Interest Group – Q4 Board Report

The Lawyer and Law Student Well-Being Interest Group has been busy during the fourth quarter of the 2020 – 2021 cycle. On March 22, 2021, we held our fourth quarterly call, during which we did a brief recap of completed and on-going items during the last few months.

Well-being Week in the Law

The annual Well-being Week in the Law is May 3 – May 7, 2021. During the interest group's fourth quarterly call we discussed what member organizations can do during the week to promote mental health and well-being. We discussed the ABA Well-being Pledge, educational webinars offered by the ABA's Commission on Lawyer Assistance Programs during the first week of May, and other activities or events organizations can host to promote well-being week such as, presentations, fitness challenges, "zoom free" days, and discussion sessions. I plan to suggest for the section's 2021 – 2022 projects developing a section sponsored webinar for Well-being Week in May of 2022.

Wellness Fundamentals - Well-being Circle

The WBIG has continued its well-being circles, Wellness Fundamentals. We held our second Wellness Fundamentals meeting on February 22, 2021. The scheduled topics for discussion were the importance of healthy sleep habits and social wellness. We had a very active discussion in which folks shared personal issues surrounding sleep habits, with many folks sharing strategies they use to prompt healthy sleep habits. The group spent the entire time speaking on our first agenda topic, that we moved the second agenda topic to our next meeting. The next Wellness Fundamentals meeting is tentatively planned for end of May, a date will be confirmed after the 2021 – 2022 cycle begins.

Best Practices Guide and Resource List Work Group

The work group completed the feedback part of this project and is currently in the drafting and editing stage of the project. We have a built on the skeleton outline to develop a full-scale draft of best practices with the information we collected from the members we interviewed. We are currently in the revisions stage and once complete will submit to the Board for review.

Membership Development and Environmental Scanning

We plan to continue to encourage members to join the group through NALP Connect and are pleased to report that we have grown to over 165 members in the NALP Connect group. We will be posting resources (articles, websites, podcasts, etc.) and information about well-being related programming on a regular basis.