



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

WELL-BEING IN LAW & MENTAL HEALTH ACTIVITIES

Well-Being in Law Week is in the rear-view. Regardless of your engagement, we've identified some lasting resources to take advantage of during mental health awareness month and beyond.

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.

WELL-BEING IN LAW & MENTAL HEALTH MONTH OPPORTUNITIES

- Read [LCL Blog Posts](#) on each of the five well-being themes. Reach out to LCL for help anytime.
- Join and attend the free, confidential [LCL's Lawyer Well-Being Group](#) which 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
- Complete an [LCL On-Demand CLE Presentation](#) We just launched five new programs:
 - “Avoiding Burnout: What Fuels Your Fire” (Standard)
 - “Clients In Crisis – Helping Yourself, Helping Your Clients (Ethics)
 - “Reducing Stigma to Avoid Chronic Stress and Burnout (Bias)
 - “Mental Health, Well-Being, and Implicit Bias in a Post-Covid World (Bias)
 - “Ethics, Mental Health, and Well-Being in a Post-Covid World (Ethics)
- Take IWIL’s [31 Day Mental Health Challenge](#) (start whenever you want!)
- Learn about the MSBA Well-Being Committee’s activities and initiatives [here](#) and consider joining the effort!

UPCOMING WELL-BEING & MENTAL HEALTH MONTH CLE PROGRAM

[“Working with Human Nature Rather than Against it: From the Rules to the Next Right Thing”](#)

- Wednesday, May 22 2-6 PM, free
- CLE and social (In-Person or Live Remote Options)
- MSBA Well-Being Committee second Signature CLE program in Creating Greater Well-Being in the Legal Profession Series.

[The Path to Lawyer Well-Being: Practical Recommendations for Positive Change](#), was published in 2017 with the goal to create a movement to improve well-being in the legal profession. The Minnesota Supreme Court, joined by the Federal Courts, the MSBA, FBA, and LCL issued a call to action and hosted two well-being conferences in 2019 and 2022 to encourage discussion and spur action. With the support and encouragement of this consortium and the continued involvement of [Lawyers Concerned for Lawyers](#), the MSBA Well-Being Committee has committed to building on this momentum with informative, practical, and inspirational programs and initiatives.

The next right thing: To move forward as a profession, we must go beyond talking. This program moves beyond talking to demonstrate how legal scholars are incorporating methods to realistically enhance well-being in the legal profession. All of us will benefit from what they and future lawyers are bringing to our profession.

Human nature: our innate tendency toward cooperation can be harnessed at all stages of our careers to incorporate proven concepts such as civility, mindfulness, mutual care, and respect into our professional endeavors.

Join Prof. Natalie Netzel of Mitchell Hamline School of Law, Prof. David Grenardo of University of St. Thomas School of Law, and Judge Bruce Peterson from University of Minnesota Law School as they discuss the transformations they have experienced and observed in community with students. This program, moderated by LCL Executive Director Joan Bibelhausen, will provide an in-depth view of these concepts in ways that can be readily adapted and incorporated into our culture, fueling stronger client and colleague relationships, reducing stigma regarding mental health challenges and the opportunity to ask for and receive help, and enhancing overall individual and organizational well-being. Panelists will share and demonstrate insights and methods, including:

Professor Grenardo--Elevating civility from aspirational goal to core professional competency and duty and what the evidence tells us about enhancing well-being.

Professor Netzel--Self-care and mutual care work best when our systems respect and allow for it, and how working together to do better, incorporating a resilient practice approach, trauma-informed lawyering, and self-compassion can enhance problem-solving and effect systemic change.

Judge Peterson--How the best outcomes in the court system and the profession can be achieved by relying on our human nature and instincts like empathy, reciprocity, and group loyalty to problem-solve and work better together as peacemakers. Judge Peterson will build on his keynote address at LCL's 2024 Stepping Up for Well-Being breakfast.