



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals



WELL-BEING
WEEK
IN LAW

MAY 5-9, 2025

LCL Welcomes You to the 2025 WELL-BEING WEEK IN THE LAW

Welcome to 2025 Well-Being Week in the Law. Our profession is a stressful one and puts us at greater risk for depression, anxiety, substance use disorder, and other mental health concerns. Well-Being in the Law Week invites you to do a self-assessment of your own well-being. Are there some proactive steps you can take to protect your well-being? Is now a good time to partner up with a counselor and tackle that issue you've been ignoring for years? Well-Being Week in the law offers many opportunities for you to wholistically improve your well-being, while also considering other proactive steps. LCL is here for you no matter what you need.

OPPORTUNITIES AROUND THIS WEEK TO

FEEL WELL, STAY STRONG, ALIGN, CONNECT, ENGAGE & GROW

- Read the LCL [Blog Posts](#) on each of the five well-being themes. Is there something there for you? Do one of those dimensions of well-being speak to you?
- Attend LCL's Lawyer [Well-Being Small 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 our newly released LCL On-Demand CLE Presentations : [Mental Health and Substance Use in the Legal Profession](#) (Mental Health credit) or [Shielding the Carer, Understanding and Managing Secondary Trauma in the Legal Profession](#) (Mental Health credit) or any of LCL's other [on-demand CLEs](#).
- Try a free at [on-line yoga class](#) to celebrate the month.
- Can 2 minutes really make a difference? Try a free [two-minute guided meditation](#).

CLE OPPORTUNITIES DURING WELL-BEING WEEK

May 2, 12:00 p.m.: [Implicit Bias in the Legal Profession: Mental Health and Double Stigma](#)

May 6, 4:00 p.m.: [Mental Health and Substance use in the Legal Profession and in the Practice of Law](#)

May 8, 2:30 p.m.: [From Isolation to Connection: Supporting Mental Health in the Legal Profession](#)

May 8, 3:15 p.m.: [Using Personal Leave to Maximize Wellness and Minimize Substance Use](#)

REGISTER FOR IWIL'S WELL-BEING ACTIVITIES

Once you sign up (it's free) for [Well-Being Week in Law](#), you'll have access to a number of well-being activities and resources.

- Try some or all of the [31 Day Mental Health Challenge](#) and notice how you feel as a result.
- Learn some of the [Key Recipes](#) for connection.
- Watch the CLE "[The Social RX in Practice: Connection at Home, Work and Community](#)"
- Get "physical" with yoga, qi gong, and seated boxing with [free on-line courses](#).
- Get a [recipe](#) for good sleep by taking the 4-week sleep challenge.

MSBA WELL-BEING COMMITTEE

Join the MSBA Well-being Committee and meet with a group of your colleagues who are invested in bringing increased awareness of lawyer well-being to Minnesota. Research shows that a healthy lawyer enjoys a more meaningful practice and personal life while better serving their clients.

The committee delivers engaging CLEs on a variety of well-being topics, contributes articles to Bench & Bar highlighting member experiences, and creates opportunities to form genuine connections with other legal professionals through monthly meetings where members share practical strategies to support their physical, emotional, and mental health. Get more information [here](#).

ABA WELL-BEING WEEK RESOURCES

CLEs: The ABA sponsors timely and relevant CLEs during Well-Being Week in the Law that are free to its members.

May 5, 12:00-1:00 p.m. CST, [Strengthening and Elevating Legal Practice Through Connection](#)

May 7, 12:00-1:00 p.m. CST, [When Life Throws a Curveball: Navigating a Medical Diagnosis While Practicing Law](#)

May 9, 12:00-1:00 p.m., CST, [Still Excited to Practice? Moving Beyond Cynicism in Law Firm Culture](#)

In addition, they have numerous [on-demand programs](#) that address such well-being issues as self-care, stress and loneliness among others.

The ABA also has a number of [resources](#) to further lawyer well-being. This includes a [well-being toolkit](#) for lawyers and for law firms.

OTHER MENTAL HEALTH MONTH OPPORTUNITIES

LCL Well-being CLEs

- May 15, 2:00-3:00: *Mental Health with a Focus on Trauma in the Legal Profession and in the Practice of Law* [More information and registration](#). (Mental Health Credit)
- May 20, 12:00-1:00: LCL Presents, “Lawyers, Learn to Partner with Your Nervous System for Reduced Stress, Greater Resilience and Enhanced Performance” [More information and free registration](#). (Standard Credit)
- May 22, 12:00-1:00: *Perfecting without Perfectionism, How to Strive for Excellence Without Stressing Out Over Unrealistic Ideals* [More information and registration](#). (Mental Health Credit)
- May 22, 12:00-1:00: *Divorce A to Z: Mental Health and Substance Use in the Practice of Family Law- Suicide Prevention and Awareness*, [More information and registration](#) (Mental Health Credit)
- May 28, 3:30-5:00: *The Arc of Recovery and the Legal Profession*. Free for MSBA members. You may also use the LCL code ARCrecovery when [registering](#). (Mental Health Credit)

Interested in early notification of LCL’s free CLE’s, you can sign up [here](#).

Other Well-Being Month Opportunities

- May 5, 12:00-1:00: *Perspective on Mental Health and Disability in the Profession*. [Registration](#)
- May 6, 12:00-1:00: *Guiding the Bar: Looking Back on an RCBA President's Tenure* [Registration](#)
- May 21, 12:00-1:00: *Guiding the Bar: Looking Back on an HCBA President's Tenure* [Registration](#)