

RESEARCH TOPIC GUIDE

PLI PLUS is a great place to begin your research because all PLI Press publications are secondary sources that contain expert analysis of today's legal controversies. Our publications, form templates, and program transcripts provide users with authoritative background information, as well as insights into the positions of leading practitioners from law firms, corporations, government, and academia.

Wellness and Mindfulness



Scenario

Many law firms and legal departments are paying new attention to wellness, mindfulness, and their importance in the legal profession. A researcher is asked to look into resources available for this key area of mental health.



Search

(wellness or mindful!) and
(attorney or lawyer or law)



Results

Search results include publications and program transcripts such as:

- Associate Well-Being
- Attorney Well-Being & Mental Health Resources
- Best Practices Mental Health Focus: Fitness to Proceed
- Best Practices of Leadership Strategies for Women Lawyers in Leadership
- Build a Prevention Toolbox for Law Student Well-Being
- Cultivating Wellness in the Legal Profession
- Fostering Lawyer Wellbeing With Healthy Boundaries
- From Self-Judgment to Self-Compassion for Lawyers
- How Engagement Leads to Attorney Well-Being and Competence
- How to Take Charge of Your Own Well-Being to Ensure You Are a Competent Lawyer
- Imposter Syndrome in the Legal Community – Fear of Failure and Perfectionism
- Law Student and New Lawyer Mental Health – Making Steps Toward Positive Change
- Mental Health and Wellness for Litigators
- Mindful Lawyering: Enhancing Mental Well-Being, Reducing Substance Abuse, and Maintaining Competence in the Legal Practice
- Mindfulness for Legal Professionals: Mindfulness of Emotions
- Mindfulness for Legal Professionals: Mindfulness of the Body
- Mindfulness for Legal Professionals: Mindfulness of Thoughts
- Reframing Mental Health and Attorney Wellness
- Taking Control of Your Well-Being: Mental Health and Wellness for Attorneys
- Thriving Through Turbulence: Strategies for Maintaining Well-Being

(wellness or mindful!) and (attorney or lawyer or law)

Filters

Format ①

Practice Area

Date

Author

Affiliation

Book or Program Title ②

Chapter Type ①

Form Type ①

YOUR FILTERS: Date After 2021

1 - 100 of 3,639 Results

Results Per Page 100

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Select All

Sort By Relevance

1. Reframing Mental Health and Attorney Wellness

Program: Reframing Mental Health and Attorney Wellness

Format: Transcript Segment

Recorded On: May 03, 2023

Speaker(s): Dr. Fritz Galette, Ph.D. (Loeb Leadership); Dr. Michael Burchell (Loeb Leadership); Tamara Fox (Loeb Leadership)

Practice Area(s): Attorney wellness and stress reduction, Attorney work-life balance, COVID-19, Health care, Infectious diseases, Mental health, Professional development, Public health

... AMY TAUB: My name is Amy Taub, and I'm the Director of One-Hour Briefings at PLL, a nonprofit learning organization. I would like to welcome you to today's briefing, Reframing Mental Health and Attorney Wellness ...

... My background is in human resources. I was a human resources consultant. I also worked HR internally for a law firm as well and specialize and focus as well in health and wellness. So excited to be here today. DAVID B. SARNOFF: Thank you, Tamara. And last but certainly not least, Dr. Fritz Galette.

... Part of the challenge for most organizations, most law firms is that they see this as very kind of tick the box file as if they have a program or a wellness app, then they're covered. ...

2. Chapter 23. Libby Coreno and Kerry Murray O'Hara, Attorney Wellness: The Science of Stress and the Road to Well-Being, available at: https://nysba.org/app/uploads/2020/04/NYSBA-Attorney-Wellness.pdf

Title: Illinois Professional Responsibility: MCLE Marathon 2021

Format: Course Handbook Chapter

Chapter Type: Reprinted articles

Date: May 2021

Submitted By: Robin Bieleau JD LCPC (Kirkland & Ellis LLP)

Practice Area(s): Attorney mindfulness, Attorney wellness and stress reduction, Attorney work-life balance, Mental health and wellness, Professional development, Public health, Stress management, Wellness

... It is the intent of the Attorney Well-Being subcommittee to provide online resources to members to facilitate ways to normalize and encourage wellness as a primary factor in the competency of lawyers. Third, we recommend developing best practices in organizations with lawyers, law schools, law firms, government, and bar associations for addressing and reducing negative cultural messages that perpetuate the "lawyer personality" of pessimism and self-doubt.