

## Quality of Life, Health & Wellness Committee

Quality of Life, Health, and Wellness Committee; chaired by Susan Han, Judge Brendette Brown Green, and Sarah Shepard; serves to do the following:

1. Educating members about wellness issues and developing CLEs that address quality of life, health and wellness issues.
2. Emphasizing that well-being is an indispensable part of a lawyer's duty of competence.
3. Expanding the educational outreach and programming on well-being issues.
4. Identifying stakeholders and the role they can place in reducing toxicity in the profession.
5. Ending the stigma surrounding self-help behaviors.
6. Formulating a plan to celebrate May as wellness month.
7. Providing content for the Communications department of the Alabama State Bar to raise awareness through Wellness Wednesday and the Alabama State Bar Health and Wellness webpage.

The Quality of Life, Health & Wellness Committee members divided into the following subcommittees:

- **CLE Programs Subcommittee:** Objective was to plan and organize CLE presentations that address Health, Wellness, and Quality of Life issues, including a CLE with a focus on ethics/professional responsibility. This committee was to provide a CLE the Annual Meeting and provide several other CLEs throughout 2021-2022 via Zoom.
- **Website Content/Social Media Subcommittee:** Objective was to create content and articles for the Alabama State Bar Health and Wellness page (see <https://www.alabar.org/health-and-wellness/>) and to promote the State Bar's focus on Health, Wellness and Quality of Life through social media (for example, directing recipients to new web content and wellness posts through Facebook, Instagram, Linked In, etc.; and promoting activities of the Quality of Life, Health & Wellness Committee).
- **Wellness Month for Lawyers and Judges Subcommittee:** Objective was to develop a plan and activities for a "State Bar Wellness Month for Lawyers and Judges" in May 2022, including, but not limited to, preparing a series of wellness educational messages to be circulated by the Alabama State Bar through the health and wellness webpage and social media and identifying individual and law firm "wellness challenges" for the month.

We published 7 articles on the Health & Wellness Page, hosted 9 Zoom CLEs on various health and wellness topics, and hosted Wellness Month for Lawyers and Judges. At the annual meeting, we provided a speaker on Inclusivity in the Workplace, offered a yoga class on the pool deck, and led a morning beach wellness walk.

In May of 2022, the Quality of Life, Health & Wellness Committee hosted Wellness Month for Lawyers and Judges (this initiative was started when Christy Crow was Alabama State Bar President). We e-mailed all the local bar presidents and encouraged them to share

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information regarding wellness month with their local bar members. We informed them of the following offerings and also posted this information on the Health & Wellness page of the ASB website and in the Scoop:

- Daily Wellness Posts for Wellness Week (which ran May 2nd to May 6th) from the Well Being in Law Institute:

Monday: Stay Strong: Physical Wellbeing

Listen to this: The Joy of Movement, Podcast Interview of Dr. Kelly McGonigal

Read this: Reframe How You Think About Self-Care by Liane Davey

Do this: Get Moving Challenge

Tuesday: Align: Spiritual Well-Being

Watch This: Nature. Being. Gratitude, Ted Talk

Read this: 21 Spiritual Goals to Grow in 2022 by Connie Mathers.

Do this: Cultivate Your Sense of Purpose. Take a free Purpose in Life Quiz.

Wednesday: Engage & Grow: Career & Intellectual Well-Being

Listen to this: How to Be Happier at Work from on the Happiness Lab Podcast, Yale psychologist Dr. Leslie Santos talks with Dan Harris

Read this: Positive Psychology in the Workplace by Brad Desmond

Do this: Take the Workplace PERMA Profiler.

Thursday: Connect: Social Well-Being

Watch this: Creating More Lollipop Moments, TEDx talk, 6 mins. Drew Dudley talks about how everyday acts of kindness or social connection can have a large impact

Read this: Want Stronger Relationships at Work? Change the Way You Listen, by Manbir Kaur.

Do this: Be a Joy Multiplier. Read about how enthusiastically responding to others' good news (called Active Constructive Responding or ACR) builds trust and connection.

Friday: Feel Well: Emotional Well-Being

Listen to this: The Amazing Impact of Self Talk and How to Master It, 1:07 hr, podcast interview of Dr. Ethan Kross,

Read this: You've Done Self Care. You've Languished. Now Try This, by Brad Stulberg

Do this: Check out the Vanquishing Languishing Activity Guide.

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- Alabama State Bar Walking Wednesday Challenge during the month of May—The individuals and local bars with the most logged minutes (through a link provided on the ASB Health & Wellness page) walking on Wednesday were recognized in The Scoop during Wellness Month.
- Wellness Month Challenge Calendar- Different daily Wellness activities (such as go for a walk, plan a healthy meal, connect with a friend) were highlighted in the Calendar.
- Social Media Campaign Dedicated to Wellness: We encouraged our members to choose a topic for the day in the Wellness Month Challenge Calendar or any favorite topic: exercise, eating healthy, hydration, meditation, yoga, etc. and post about it on their favorite social media site and tag @AlabamaStateBar. For example, #wellnessmonthforlawyersandjudges#walkingwednesday

- Free webinars offered during Wellness Month by the Well Being in Law Institute:

Monday, May 2, 2022, at 2:00 p.m. CT: “Practicing Joy, Gratitude, & Awe” Webinar  
Registration – Zoom

Tuesday, May 3, 2022, at 3:00 p.m. CT: “4 Spiritual Practices to Foster Greater Purpose in your Everyday Life” Webinar Registration – Zoom

Wednesday, May 4, 2022, at 3:00 p.m. CT: “Writing for Well-Being” Webinar Registration – Zoom

Friday, May 6, 2022, at 11:00 a.m. CT: “Humming Jazmine Sullivan: Emotion Regulation Practices for Legal Professionals” Meeting Registration – Zoom

- A free, one hour CLE hosted by the Alabama State Bar Quality of Life, Health & Wellness Committee: Thursday, May 12, 2022, from 12:00-1:00 p.m. CT, “COVID-19 and its Impact on Mental Health: How do we Cope with it all at Once” Presented by Maggie Banger.

A free, one hour panel presentation and CLE jointly hosted by Alabama State Bar Quality of Life, Health & Wellness Committee and the Montgomery State Bar on Tuesday, May 17, 2022, from 12:00-1:00 p.m., CT, “Motherhood and the Law – A Wellness Check on our Law Moms”

- Links to Mindful Mondays and Wakeful Wednesdays- Free Guided Meditations via Zoom offered by the Mindfulness in Law Society

Links to the Mid-Atlantic Mindfulness in Law Society chapter that offered daily morning guided mindfulness practices during Well-Being in Law week.

The Website Content /Social Media Subcommittee was co-chaired by Calle Mendenhall and Jeff Johnston. The subcommittee members were Effie Hawthorne, Ashley Roy, Kaia Woods, Erik Heninger, Michael Murphy, Ebony Rogers, Joel Connally, Thomas McLeod, Jr., Judge Brendette Brown Green. This subcommittee created an impressive portfolio of articles related to health and wellness on the Alabama State Bar Health & Wellness web page (see <https://www.alabar.org/health-and-wellness/>):

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“Mind Full? Or Mindful?”

By Lynn D. Hogewood – Published on October 6, 2021.

“Giving Yourself Permission”

By Calle Mendenhall – Published on December 29, 2021.

“Motherhood and the Law – A Wellness Check on our ‘Law Moms’”

By Effie Hawthorne – Published on January 18, 2022.

“The Month of Love and a Healthy Heart”

By Ashley Roy – Published on February 21, 2022.

“Attorney Nutrition and Mental Health”

By Erik Heninger -- Published on March 7, 2022

“It's More than a Month”

By Jeff Johnston-- Published on May 23, 2022

“Three Motivating Reasons for Men to See a Therapist Besides, ‘Talking About Feelings’”

By Calle Mendenhall-- Published on June 25, 2022

The CLE Program Subcommittee was co-chaired by Gerri Plain and Brandy Robertson. The subcommittee members were Larry Canada, Susan McAlister, Brannon Buck, Carmen Francis Howell, Leroy Maxwell, Tanisia Moore, Clint Maze, and Susan Han. This subcommittee organized 10 successful CLE programs:

- December 17, 2021 Zoom CLE entitled, “A Perspective on Health and Wellness for Lawyers and Judges and Ethical Considerations”, presented by panel comprised of Dr. Rachel Fry, Judge Brendette Brown Green, Judge Martha Cook, and Susan Han and moderated by Christy Crow with 196 attendees
- January 25, 2022 Zoom CLE on “Meditation and Yoga”, presented by Susan Han with 280 people in attendance
- February 16, 2022 Zoom CLE entitled “Bless Your Heart” presented by Dr. Michael Honan to 266 attendees
- March 2022 Zoom CLE entitled “Attorneys and Nutrition” presented by Amy Liscomb with 157 attendees
- April 19, 2022 Zoom CLE entitled “Addiction and Attorneys” presented by Jeremy Rakes with 126 attendees
- May 12, 2022 Zoom CLE entitled "Covid 19 and its Impact on Mental Health: How do we Cope with it All at Once" presented by Maggie Banger with 101 attendees

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- May 17, 2022 Zoom CLE entitled “Motherhood and the Law- A Wellness Check on our Law Moms” with panelists Claire Veal, Alexia Borden, Brooke Reid, LaKeshia Shahid, Diandra “Fu” Debrosse Zimmermann, and Effie Hawthorne and with 153 attendees
- June 2022 in person CLE at the annual meeting entitled "Inclusivity in the Workplace" by Dr. Kristin Powell
- August 16 and August 17 of 2022, the CLE Committee will be hosting via Zoom a CLE entitled "Suicide Awareness and Prevention" presented by the Sam Foundation (back by popular demand after two Zoom offerings of the same in August of 2021).

The Wellness Month for Lawyers and Judges Subcommittee was co-chaired by Victoria Relf and Jonathan Koza. The subcommittee members were Amy Wasyluka, Polly Blalock, Dennis Pantazis, Jr., Eric Davis, Debra Dunsmore, Carthenia Jefferson, Ebony Rodgers, and Sarah Shepard. See above section on "Special events/programs" regarding the activities held for Wellness Month for Lawyers and Judges.