

Wellness Resource References for NALP Professionals

April, 2018

Articles and Books:

The Anxious Lawyer, Jeena Cho, <http://theanxiouslawyer.com/about-us/jeena-cho/> (resource as a counselor)

The Addicted Lawyer; Cuban, Brian

Key to Your Future as a Lawyer: Focus on Your Well-Being Jaffe; David and Stearns, Janet, (ABA Student Lawyer, forthcoming, April, 2018)

Suffering in Silence: The Survey of Law Student well-being and the reluctance of law students to seek help for substance abuse and mental health concerns; Organ, Jaffe & Bender (Journal of Legal Education, Volume 66, 1)

Mindfulness for Law Students: Using the Power of Mindful Awareness to Achieve Balance and Success in Law School; Rogers, Scott

The Center Cannot Hold: My Journey Through Madness; Saks, Elyn

Humanizing Legal Education: An Introduction to a Symposium Whose Time Came; Schwartz, Michael Hunter (Washburn Law Journal, Volume 476, 235)

The Lawyer, The Addict; Zimmerman, Eilene, July 16, 2017 New York Times

Stress Hardiness and Lawyers; Pierson, Pierson, Hamilton, Ashley, Pepper, Michael and Root, Megan (Journal of Legal Profession, Volume 41,1)

Online Resources:

Lawyer Well-being: Practical Recommendations for Positive Change; www.lawyerwellbeing.net

ABA Commission on Lawyer Assistance Programs website, including the Voices of Recovery Podcast Series; https://www.americanbar.org/groups/lawyer_assistance.html

The Elephant in the Room: The Legal Profession, Mental Health, and Substance Abuse;

<https://www.youtube.com/watch?v=sJngsXBIQeQ&t=125s>

Lawrence Krieger Publications:

The Hidden Sources of Law School Stress

A Deeper Understanding of Your Career Choices

What Makes Lawyers Happy? A Data-Driven Prescription to Redefine Professional Success (with Kennon M. Sheldon)

Walking the Talk: Value Importance, Value Enactment, and Well-being

Service Job Lawyers are Happier than Money Job Lawyers, Despite their Lower Income

Resources from UM Law website:

'Shatter the Stigma' is raising awareness of mental illness

Shedding stigma to stop suicides on college campuses

The bridge between suicide and life

A tale of mental illness – from the inside

Lawyers who self-medicate to deal with stress sometimes steal from those they vowed to protect

Why are lawyers killing themselves?

Trainer advocates mindfulness for law students

Making a case for mindfulness and law student wellness

Making the Grade with Growth Mindsets