

Winston Participates in Lawyer Well-Being Week 2020: Prioritizing Physical & Mental Health

MAY 4, 2020

Together with the National Task Force on Lawyer Well-Being, the American Bar Association Law Practice Division and its Attorney Well-Being Committee, and the ABA Commission on Lawyer Assistance Program's Well-Being Committee, Winston & Strawn is participating in the first-ever Lawyer Well-Being Week. This five-day series of programs aligns with Mental Health Awareness Month to incite positive changes in the day-to-day operations of our Lawyers and their support staff.

Our programming places a distinct emphasis on both mental and physical wellness and how they come together to form a more centered, well-rounded self. It's also designed to fit into the larger themes our Well at Winston team promotes year-round with in-office programs that include health screenings and fitness classes. However, this week, we translated the essential messages into webinar-friendly formats to accommodate for social distancing.

Our first program revolves around mindfulness and sets the tone for the rest of the week. Diane Costigan, Director of Coaching and Well-Being, will delve into the far-reaching powers of mindfulness to achieve long-term goals, increase productivity, and hone emotional agility at work and at home.

Additional resources throughout the week will include a panel highlighting tips for cultivating a healthy work environment, meditation best practices, and increasing optimism. The week's programs will culminate with a Wellness Best Practices Panel moderated by Diane Costigan.

See a full list of Winston's Lawyer Well-Being Week events below.

Monday, May 4th

2:00pm EST: Mindful Monday: Five Ways Mindfulness Can Help You Be Successful at Work and in Life moderated by Diane Costigan

Tuesday, May 5th

2:00pm EST: Life As We Know It: *Mindset, Habits & Support – An Opportunity Awaits You*

Wednesday, May 6th

2:00pm EST: Lawyers Who Meditate Panel hosted by Diane Costigan

Thursday, May 7th

2:00pm EST: Learned Optimism Workshop hosted by Julia Mercier

Friday, May 8th

2:00pm EST: Wellness Best Practices Panel hosted by Diane Costigan

[Click here](#) for more information on the National Task Force for Lawyer Well-Being's Lawyer Well-Being Week.

1 Min Read

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Related Topics

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[Diane Costigan](#)

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