

Taking Control of Your Well-Being: Mental Health and Wellness for Attorneys

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Many attorneys face significant obstacles to their mental health and well-being due to long hours, challenging expectations, and other facets of the legal profession. Recognizing that these challenges could negatively impact attorney competence, many law firms, companies, and organizations have created programs to help improve attorney well-being.

On December 10, Diane Costigan spoke on Practising Law Institute's "Taking Control of Your Well-Being: Mental Health and Wellness for Attorneys." This half-day CLE program covered the following topics:

- Overcoming the stigma of mental health and substance use challenges to maintain attorney competence
- Exploring ways to leverage your organization's wellness program
- Gaining strategies to take ownership of your own well-being
- Understanding the importance of physical wellness
- Learning how to achieve financial wellness
- Managing your well-being in the current COVID-19 environment
- Gaining resources and tools that have been proven to increase attorney well-being and competence

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