

BY DEAN R. DIETRICH

We need to spend more time thinking about our personal wellness as well as the wellness of all lawyers who struggle to perform in a profession of great tension and anxiety.



Dean R. Dietrich, Marquette 1977, with the law firm of Weld Riley S.C., Wausau, is president of the State Bar of Wisconsin and past chair of the State Bar Professional Ethics Committee. Access the digital article at www.wisbar.org/wl. ddietch@weldriley.com

Moving the Profession Forward – Lawyer Wellness

Dean Dietrich has identified lawyer wellness as a cornerstone of his year as State Bar president. His monthly columns will help lawyers remember the importance of wellness and of dealing with others in a civil and professional manner.

I have spent much of my life ending a conversation by saying “take care,” but that closing comment has changed to “be well.” Most people now recognize that wellness for lawyers is an important component of being a successful lawyer, including success at helping clients. This acknowledgement has been around for a long time but only recently has come out from “under the covers.” We are recognizing that the legal profession is stressful and full of stumbling blocks for lawyers.

We need to spend more time thinking about our personal wellness as well as the wellness of all lawyers who struggle to perform in a profession of much tension and anxiety. The State Bar of Wisconsin’s Wisconsin Lawyers Assistance Program (WisLAP) is working hard to provide educational materials for lawyers to deal with the stressors of the profession. Unfortunately, many lawyers look to outside aids such as alcohol and drugs to address stress and tension. WisLAP will also continue to provide services to lawyers experiencing substance use disorders.

My point is that we need to think about taking care of ourselves and making sure we are acting in a competent and civil manner when dealing with other people. Below is a listing of reminders for lawyers on things to do to address wellness. These will be presented in some manner every month to help lawyers remember the importance of wellness and the importance of dealing with others in a civil and professional manner.

Take the time to take care of yourself, and be well! **WL**

WisLAP Can Help

WWW.WISBAR.ORG/WISLAP

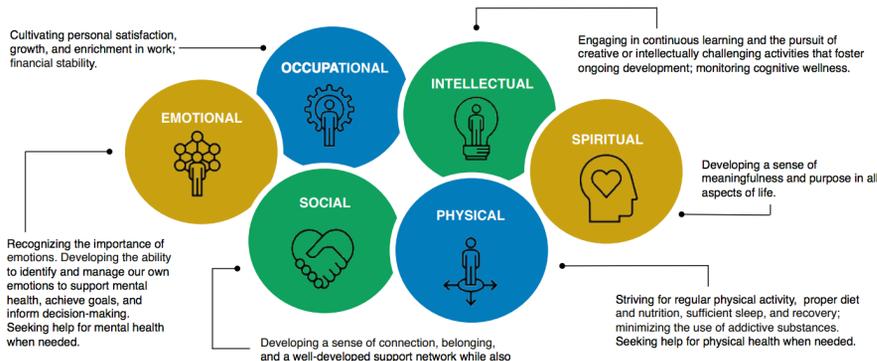
The Wisconsin Lawyers Assistance Program (WisLAP) offers free, confidential well-being support to lawyers, judges, and law students. WisLAP staff are available to answer questions about substance use, mental health, and well-being practices.

To contact WisLAP staff call (800) 543-2625 or email callwislap@wisbar.org.

Suicide & Crisis Lifeline: 988

Defining Lawyer Well-Being

A continuous process in which lawyers strive for thriving in each dimension of their lives:



Reprinted with permission from the National Task Force on Lawyer Wellbeing.