

Practical Well-Being: Evidence-Based Strategies for Busy Attorneys

Webinar

10.18.2022 | 11:45 a.m. - 1 p.m.

Studies have shown that attorneys tend to encounter mental health challenges like depression, anxiety and substance misuse at disproportionately high rates. For many attorneys, it can be challenging to know how to fit well-being into their bustling schedules.

In this program, Stinson's Director of Well-Being [Krista Larson](#) will explore some of what the science says are the simple-yet-meaningful ways we can boost well-being, rethink stress, and cultivate resilience. In addition to describing practical strategies, Krista will suggest evidence-based tips for turning those strategies into habits that stick.

CLE credit is approved in CO and pending in KS, MN and MO.

Please register to attend this webinar.