

## *Law360 Pulse* Article Details Stinson's Well-Being Efforts in Returning to the Office

In the News

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In a *Law360 Pulse* article titled, "How Attys Can Manage Anxiety Over Returning To The Office," Director of Well-Being [Krista Larson](#) discusses how the firm supported its attorneys and staff with office re-openings.

Larson said the firm's transition, which started in September 2021, "went relatively smoothly" in part because firm leadership sustained regular communication with attorneys and staff on the factors influencing re-opening decisions and on expectations for returning. The firm also encourages anyone who is struggling with the transition to reach out to firm leaders or human resources.

"It's important to recognize that any transition, whether it's big or small, something that we see as positive or negative, it's going to come with some amount of stress," Larson said. "These periods are times that people might need some additional support to navigate."

The article also examines potential mental health issues that attorneys and staff may feel with returning to the office after nearly two years of working remotely, and includes insight from legal professionals who regularly handle well-being and mental health matters, including asking for help and prioritizing self-care.

Larson leads the implementation of Stinson's vision, strategy and programming to support the health and well-being of all constituents of the firm in alignment with the firm's values and its American Bar Association Well-Being Pledge. She also partners with firm and executive leadership on well-being issues.

[Read](#) the full article.