



You@Goodwin

Mental Health Awareness Month

The month of May is designated National Mental Health Awareness month and is dedicated to raising awareness about mental health, reducing stigma and promoting mental well-being and support for all. We are pleased to partner with the Institute for Well-Being In Law (IWIL) to promote positive behavioral health as an essential element of professional success and personal fulfillment.

This month's newsletter highlights the events promoting well-being during the month of May and throughout Well-Being Week in Law, May 5th – 9th. You will find access to resources, events and activities aligned with each pillar of well-being.

We encourage you to celebrate this month by engaging in the activities that resonates with you the most.



Social Well-Being

The Social Rx Connection Challenge: May 5th – 16th

The Goodwin Experience and Benefits teams would like to invite our colleagues across the globe to prioritize your own Social Rx connection over the next two weeks. Grab 1-4 colleagues and schedule a connection moment between May 5th – 16th. Your connection could be a walk, a coffee or snack break, or even a meal or fitness experience together. Stay tuned for more information about how to participate and the prizes up for grabs!

Well-Being Week in Law: Connect

Webinar: Uniting the Legal Community in Turbulent Times: Fostering Resilience, Purpose, & Well-Being

Thursday, May 8th 11:30 a.m. ET | 8:30 a.m. PT

May Mental Health Awareness Month



- Prof. Stephen I. Vladeck, Georgetown University Law Center and CNN contributor
- Prof. Kendall L. Kerew, Georgia State University College of Law
- Neel Chatterjee, Partner at Goodwin Procter LLP and Founder of Law Firm Partners United

With constant news about threats to the legal profession and rule of law, many lawyers are feeling disoriented and anxious. Cultivating resilience can help us navigate this “existential crisis” and maintain well-being. Four resilience factors that are especially important in times of turmoil are **being able to make sense of things, feeling able to cope effectively, a sense of meaningfulness, and connecting with community**. This panel will explore how we can foster these factors as a community to build collective resilience and well-being.

Click [here](#) to register.



Emotional Well-Being

Coffee, Cuisine & Clarity

Our Behavioral Health Consultants will introduce themselves and host an interactive activity focused on taking steps to reconnect with your core values. This is a wonderful opportunity to gain valuable insights and ask any questions you may have during the Q&A session. Enjoy a delicious breakfast while participating in the activities, and stand a chance to win an exciting raffle prize at the end of the event, exclusively for those who partake in the activity. Don't miss this chance to reconnect with your values and revitalize your well-being!

Dates	Locations	Conference Rooms
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May Mental Health Awareness Month

Tuesday, May 13	NY	26J Rooms
Wednesday, May 14	BOS	17E Rooms
Thursday, May 15	DC	1011
Thursday, May 15	SF	The Presidio
Wednesday, May 21	LA	41 A+B
Wednesday, May 28	SM	Costa 606+607
Wednesday, May 28	SV	8A 1+2

Well-Being Week in Law: Feel Well

Do a Mental Health Check-In with Yourself & Others – Today, take some time to do a mental health check-in with yourself. You can start by taking a brief mental health self-assessment. Use a mental health checklist to evaluate any areas of risk for you and make a plan to take action. A few resources are provided below:

[Mental Health America Mental Health Tests](#) for yourself and [Challenging Conversations Guide](#) when talking with peers.



Spiritual Well-Being

Planting Peace: Garden Workshop for Spiritual Growth

Did you know that gardening has been shown to have a significant positive impact on mental health? According to a recent meta-analysis, gardening activities can improve mental well-being, quality of life, and overall health status, with a notable effect size of 0.55. Join us for an enriching Workplace Garden Workshop designed to tap into the spiritual pillar of well-being, aligning with the mental health values of growth, connection, and mindfulness. This workshop offers more than just the beauty of gardening; it provides numerous benefits such as reducing stress, enhancing focus, and building a sense of accomplishment.

MUST BE IN-PERSON TO ATTEND. Sign-ups will take place from May 1st to May 9th.

Dates	Locations	Sign ups
Tuesday, June 3, 2025	WDC	Register here
Tuesday, June 3, 2025	PHL	Register here
Tuesday, June 3, 2025	BOS	Register here
Wednesday, June 4, 2025	NY	Register here

May Mental Health Awareness Month

Wednesday, June 4, 2025	Goodwin Remote*	Register here
Friday, June 6, 2025	SM	Register here
Friday, June 6, 2025	SF	Register here
Friday, June 6, 2025	SV	Register here
Friday, June 6, 2025	LA	Register here

*Exempt from in-person

Well-Being Week in Law: Feel Well

Fireside Chat: Practicing in Recovery – CLE Credit

Tuesday, May 6th at 12:00 p.m. ET | 9:00 a.m. PT

Join this webinar for an insightful, candid conversation with a distinguished panel of legal professionals who have successfully navigated their careers while embracing the journey of recovery. They'll share their personal stories, challenges, and triumphs.



- James D. Lawrence, Partner, BCLP
- Casey L. Miller, Associate, Dechert
- Steven R. Wall, Global Managing Partner, Morgan Lewis

Click [here](#) to register.



Career & Intellectual Well-Being

Speaker Event: The StressRx Approach: Enhancing Mental Health Through Connection and Science.

Thursday, May 29th 12:00 p.m. ET | 9:00 a.m. PT



Join us for a virtual session for attorneys and staff in recognition of Mental Health Awareness Month. This session will offer practical, science-backed strategies to enhance workplace connections and build mental strength. Using data from the Engagement Survey, we will create actionable steps to foster professional relationships, manage stress, and improve productivity. Concepts from the StressRx book and the proprietary three-brain model will be

May Mental Health Awareness Month

incorporated to meet our community's mental health needs. Don't miss this opportunity to gain valuable insights and make meaningful changes.

Click [here](#) to register.

Well-Being Week in Law: Engage & Grow

Celebrate Colleagues' Strengths: To get started on a new strength-spotting habit, download the [Strengths-Spotting Worksheet](#). Also included are worksheets to identify your own strengths and use them more and in new ways at work. Consider sharing the worksheets with colleagues and working toward strengths-spotting as a new team norm.



Physical Well-Being

Pelton Recommendations

[20 Min Mental Health Awareness Stretch](#)

[20 min Creating Space Yoga](#)

Well-Being Week in Law: Stay Strong

Choose from the following sessions:

- 1:30 PM ET Yoga – Kirtana Kalavapudi, yogawithkirtanallc@gmail.com
- 2:00 PM ET Seated Boxing Workout – George Zakhary, Sit Grit, <https://sitgrit.org/>
- 3:00 PM ET Community Mindful Walk – Courtney Schulnick, <https://www.courtneyschulnickmindfulness.com>
- 3:30 PM ET Qi Gong – Stephanie Lewis, <https://livewellflow.mykajabi.com/>
- 4:30 PM ET Ballet for Well-Being – Anna Wassman-Cox, www.oncoballet.com Join us and experience firsthand how moving together can strengthen both body and mind!

Click [here](#) to register.

Click [here](#) to visit the full list of events.

Click [here](#) to explore additional webinars and events.

If you have any questions, please contact the [Benefits Department](#).