

## ALWD Conference 2019

### Whipping Up Wellness: Promoting the Well-Being of LRW Faculty & Students for a Successful Program

Olympia Duhart (Nova Southeastern), Margaret Hannon (Michigan),  
Wendy-Adele Humphrey (Texas Tech)

#### Resources

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Directory of Lawyer Assistance Programs, American Bar Association, [https://americanbar.org/groups/lawyer\\_assistance/resources/lap\\_programs\\_by\\_state/](https://americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/)

Eight Pillars of Wellness, Santa Clara University School of Law, <https://law.scu.edu/student-services/8-pillars-of-wellness/>

Jennifer Grieco, [We Are Losing Too Many Lawyers](http://www.michbar.org/file/barjournal/article/documents/pdf4article3652.pdf), Michigan Bar Journal, <http://www.michbar.org/file/barjournal/article/documents/pdf4article3652.pdf>

Rachel Gurvich, [On asking for help](https://practicetuesday.com/2017/08/28/on-asking-for-help/#more-135), The #PracticeTuesday Blog, <https://practicetuesday.com/2017/08/28/on-asking-for-help/#more-135>

Rachel Gurvich, [“It’s not so shiny anymore”: 1Ls and the October slump](https://practicetuesday.com/2017/10/10/its-not-so-shiny-anymore-1Ls-and-the-october-slump/), The #PracticeTuesday Blog, <https://practicetuesday.com/2017/10/10/its-not-so-shiny-anymore-1Ls-and-the-october-slump/>

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