

The evidence is in and can no longer be ignored: Too many lawyers aren't paying attention to their own personal well-being. And with COVID-19 things are really stressful. Therefore, it is time to take action.

The month of May is Mental Health Awareness Month. Equally as important, for the 2nd year in a row, DE-LAP and the Professional Guidance/Lawyers Assistance Committees of the DSBA, along with the ABA, State LAPS and State Bar Associations are hosting and facilitating: Lawyer Well-Being Week from May 3, 2021 until May 7, 2021. With a special cook-out and outing at the park hosted by DSBA & DE-LAP on Saturday, May 8th, 2021 (Small Fee for non-member of DSBA.).

It is easy to learn and discover new tips and strategies to keep your well-being in check and best part – with us - it is free. So, just join The Delaware Lawyers Assistance Program (DE-LAP) and the Professional Guidance/Lawyers Assistance Committee of the DSBA, for a week of spectacular speakers, awesome events and great fun ideas to plan, design and implement your own well-being plan and have fun doing it!

Monday May 3th: Wellness Day Kick-off starting at 4:00 p.m.

virtually –SPONSORED BY DE-LAP and free.

The Mindfulness Meditation five session virtual course is valuable for those individuals who want to increase well-being, reduce stress, increase focus, and maintain kindness for themselves and others. Time is devoted to formal meditation practices such as the breath, body scan, sound, eating and loving kindness meditations. Facilitator Georgia Larounis presents information on topics such as the stress reaction versus the stress response, the nature of our mind, present moment awareness, and mindful communication, Classes are experiential, and discussion based. Come with a willingness to learn more about yourself and a desire to create more ease in your life! Direct Link to Join all 5 sessions

sponsored by DE-LAP and free to you: Join Zoom Meeting

<https://us02web.zoom.us/j/86700874737?pwd=RG93Uk93enVEalc4V1ZUS0dvcTlrQT09>

Tuesday May 4th: *If I am not lawyering, what else can I do?*

Introduction to Hobbies, Hiking, Music and more. Laugh, learn and relax starting at 4 p.m. on May 4th via zoom and or posted links.

4:00 p.m. John Deckers, Esquire: What You Wanted to Know About Hiking but were afraid to ask. Learn from a hiker the way to start and end a successful walk/hike with virtual check list.

4:00 p.m. Laura Nastase Najemy, Esquire: What You Wanted to Know About Textiles & Are Afraid to Ask (live at 4:00) Learn to embroider with our FREE EMBROIDERY KITS available for pickup in each county. Let Laura teach you how to relax using textile arts and make something cool in the process. All beginners welcome!

*Breakout links

Wednesday May 5th: Tri-County Walk

New Castle County: "The Shipyard Shuffle"

We'll meet at 11:45a - 12:00p at The Old Smoke Stack on Justison Street near the Shipyard Shops. The walk is designed to suit your comfort level - out and back on the Jack A. Markell Trail for as long as you want. There are some great restaurants in Delaware City (if you're really energetic), but some might choose to return for lunch at the riverfront places like Timothy's, Big Fish and Iron Hill. Goodie bags to be provided and coordinated by Karen Jacobs, Esquire and Caroleena Goldman, DSBA
Call or e-mail: John Deckers, Esquire, john@johndeckerslaw.com;

Kent County: "Green Mile" walk:

Calling all Kent County Counsel!! Join us for a brisk, mile-long, socially-distanced, walk looping "The Green" and Legislative Mall in Dover. We will meet at 11:45 am, southwest of the Green, at 102 W. Water Street (DOJ), and begin the walk promptly at 12pm. Goodie bags to be provided!
For questions, contact Candace Holmes, Esquire, candace.holmes@delaware.gov or call (302) 300-2827.

Sussex County: "History Tour & Walk"

Join in on a "Historic Walking Tour" of Georgetown
For the walk:

"Historic Walking Tour" of Georgetown for the walk

<http://www.georgetownde.com/gorgtour.html#:~:text=Walking%20Tour%20of%20Historic%20Georgetown%2C%20Delaware%3A%20Georgetown%20was.to%20defray%2>

For questions, contact Denise Nordheimer, Esquire, denise@nordheimerlaw.com

AND, those who are not walking.....

Sponsored DE-LAP virtual discussion: Lawyers and Spirituality

The meaning of spirituality has developed and expanded over time, and connotations can be found but bottom-line – it is important to Well-being.

Join a spirited discussion with R.J. Scaggs, Esquire, Alice O'Brien, MS,NCC,LPCMH and Lydia E. York, Esquire
Zoom Link: Join Zoom Meeting

<https://us02web.zoom.us/j/7257611096?pwd=NOZMODIVeHFPZEpUWXFnWGxLzdHdz09>

Thursday May 6th: Well-Being and Mental Health Legislation/Suicide Prevention

4:00 p.m. virtual zoom:

The astute attorney knows how to spot signs of mental health issues in their clients, their peers, family and friends. Learn the signs and symptoms of mental health issues; learn how to deal with that client or peer who needs assistance and the referral resources available. A panel of experts will discuss updated legislation on mental health. Hosted by DE-LAP join: Victoria Sweeney, Esquire; RJ Scaggs, Esquire; Eleanor Keisel, Esquire/PhD, for this very important hour. Join:

<https://us02web.zoom.us/j/7257611096?pwd=NOZMODIVeHFPZEpUWXFnWGxLzdHdz09>

Friday May 7th: Resilience, Wellness with Ask What Matters

12:00 noon

Well-Being Week Workshop Invitation: Sponsored by DE-LAP AND FREE

In conjunction with Well-Being Week in the Law, the Delaware Lawyer Assistance Program (De-Lap) is pleased to be collaborating with the coaching firm, Ask What Matters?!, to present an hour-long live interactive virtual workshop titled: "Power-Up: Practical Approaches for Maintaining and Enhancing Energy and Engagement." The session is free of charge and is taking place via Zoom on Friday, May 7th from noon-1pm Eastern.

Here is the link for the Friday May 7th workshop registration (FREE)

<https://www.askwhatmatters.com/practical-approaches-for-accessing-and-maintaining-energy-and-engagement/>

We look forward to having you join us!

Saturday May 8th: Partnership outing between DE-LAP & DSBA – AT THE PARK

Member Appreciann Event: Hosted by DSBA and DE-LAP at Ramsey's Farm from 1:00 P.M. TO 4:00 P.M. Celebrate by getting out, having fun and seeing your colleagues (wearing a mask and keeping within social distancing guidelines, of course!). Experience Hay Rides, Bonfire, Corn Hole, Food and Drinks, Raffle & Prizes, Ice Cream and more. This event is free-of-charge to members of DSBA and nominal charge for non-members of DSBA, BUT REGISTRATION IS REQUIRED

<https://www.dsba.org/wellness-week/> For more information contact: Caroleena Goldman, DSBA/DE-LAP LAISON, CGoldman@dsba.org