

# Well-Being Pledge Checklist

1

## Adopt the Well-Being Pledge

Adopt the pledge and enroll as a signatory member through the ABA Working Group to Advance Well-Being in the Legal Profession. Then re-certify your participation each year by filling out a Commitment Form sent by the ABA.

2

## Define What Well-Being Looks Like for Your Practice

What does a healthy workplace look like for you as an employer? How do you define well-being for your individual employees?

3

## Assess Your Needs and Determine Your Priorities

How do you currently support the well-being of attorneys and staff members? What components of the "wellness wheel" have you not addressed? Where do you have gaps? What items will be a priority for you as an employer moving forward?

4

## Adopt and Enact Policies Related to Well-Being

Do your current policies reflect a commitment to well-being? Do they encourage your employees to take time off when they are sick? Do they encourage taking a vacation to recharge? Do you need a policy for how employees should seek assistance if they need it?

5

## Educate Your Employees on Well-Being

Communicate your well-being based policies to your employees. Share the resources on the various components of health and wellness provided by The Mississippi Bar. Provide information on local health and wellness offerings such as gym memberships or fitness classes.

6

## Provide Support for Staff in Need of Assistance

Make use of the MB Lawyers and Judges Assistance Program to help your legal community. Ensure that employees are aware of the confidential assistance available to them. Determine what role you will have, if any, in seeking assistance for your employees.

7

## Make Well-Being a Focus for Initiatives and Events

Offer intra-office fitness challenges or the opportunity to compete as a team in physical wellness activities. De-emphasize alcohol at events and provide attractive nonalcoholic alternatives. Promote healthy food at meetings or walking during lunch.

### Resources:

[Lawyer Well-Being Pledge](#)

[ABA Working Group](#)

[Wellness Wheel](#)

[MB Health & Wellness Page](#)

[MB LJAP](#)