

Introducing Haynes Boone Wellness Manager Abby Read

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We recently talked with Haynes Boone Wellness Manager [Abby Read](#) about what drew her to a career in health and wellness. Abby, who has a clinical background in psychology, nutrition, and health education, recently joined the firm to lead its wellness efforts.

Q: Your charge at Haynes Boone is to help the firm expand and enhance its wellness efforts. Tell us about an initiative you are working on:

A: I am working on growing our Wellness Champions peer support program by adding Champions to each of our 18 global offices and providing training and certification in Mental Health First Aid. The Wellness Champions program is designed to provide a confidential and accessible avenue for our lawyers and business professionals to seek help and resources when needed. I'm excited for us to be able to extend our reach of compassionate support by having trained champions at each of our offices.

Q: What sparked your interest in wellness?

A: When I played volleyball in college for the University of Utah, I found that I performed better when I prioritized my mental well-being as much as I was focusing on my physical fitness. I started meditating and going on walks with friends to manage my stress. I made sure I was implementing boundaries with my time that allowed me to decompress when needed. I quickly realized that I needed to view well-being more holistically to optimize my performance and prioritize my health and happiness. This led me to pursue a degree in psychology and later further education in health and nutrition.

Q: What do you enjoy most about your career?

A: I have been able to mold all of my passions in life into my career – from what I studied in college and the books I read, to the way I connect with people. I genuinely love being able to use my training and passions to help people and organizations better prioritize well-being.

Q: What do you routinely tell others about health and wellness?

A: Health and well-being is very personal. There are no written rules about managing your life stressors that apply to every person. It is important to find what works for you and build on that. There are lots of science-backed strategies that can help people manage stress and optimize their happiness, but it all comes down to finding what you enjoy and what promotes self-care.

Q: What bit of advice can you offer during the holidays?

A: Take time for you. This could mean taking a walk outside for fresh air on a particularly stressful day or setting a boundary with your time to ensure you get to engage in something you enjoy. Carving out time for yourself helps make the inevitable holiday stressors more manageable.

About Abby:

Abby has a bachelor's degree in psychology and a master's degree in health and physical education and is a licensed Registered Dietitian Nutritionist. She is also Mental Health First Aid certified and trained in Critical Incident Stress Management.

Abby previously served as the lead wellness coordinator for Methodist Health System, managing wellness efforts for 10,000 employees at six hospital campuses. She designed and launched a mental health peer support program at Methodist Health that is similar to Haynes Boone's Wellness Champions program.