

Haynes Boone Supports Well-Being Week in Law Campaign as Part of Continued Commitment to Wellness

May 2, 2022 Jeffrey Becker

Haynes Boone is constantly exploring ways to foster a nurturing, healthy and positive work environment to promote the well-being of its people. This week, the firm has planned several activities each day for its lawyers and staff as part of international Well-Being Week in Law, May 2-6.

Aligned with Mental Health Awareness Month, Well-Being Week in Law aims to raise awareness about mental health and encourage action and innovation across the legal profession to improve well-being. Each day of the week focuses on a different aspect of well-being: physical, spiritual, occupational, intellectual, social and emotional. Haynes Boone events this week include a firmwide simultaneous Wellness Walk in 15 of its offices, a live webinar on healthy eating, and a special mindfulness session with Dorsey Standish, a neuroscientist and wellness expert and CEO of Mastermind, among many more offerings.

“Haynes Boone has participated in Well-Being in Law Week for the last few years, and we’ve found it to be very helpful in reinforcing our wellness culture and reminding ourselves of the importance of self-care and the care of our colleagues,” said Partner [Jeff Becker](#), who serves as chair of the firm’s Wellness Committee. “Our client-service business, in which we help our clients with their most critical legal needs, will always include stress, but we have the ability to help manage that stress to proactively prevent problems and even improve cognition,” he noted.

Haynes Boone offers a number of benefits and resources to help its lawyers and staff deal with stress and other issues facing those in the legal profession. In addition to medical benefits for mental health and supportive leave policies, the firm sponsors numerous presentations from wellness coaches, weekly virtual mindfulness sessions with Mastermind, and an outside therapist on retainer.

These events are a way of life at Haynes Boone today and are enhanced by the firm’s “Wellness Champions” – its own peer support program comprised of 40 lawyers and staff who have been trained to be confidential, compassionate listeners and act as connectors to more specific resources.

Early on, Haynes Boone was an inaugural signatory of the American Bar Association’s (ABA’s) Pledge on Lawyer Well-Being, a campaign launched to improve the substance use and mental health landscape of the legal profession. Acting on that Pledge, the firm formed its 15-member Wellness Committee to develop wellness education and programming, work on wellness policy improvements, evaluate new wellness resources, and support any lawyers or staff in need.

In 2021, the firm earned recognition in *Vault’s* annual survey of the leading U.S. law firms, including ranking among the Top 30 in “Wellness” in the Quality of Life category.