

## Keeping Legal Minds Intact: Sustaining Well-Being



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**ORIGINAL PROGRAM DATE**

June 21, 2024

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**AVAILABLE MEDIA TYPES**

Video & Audio MP3

*Presented in collaboration with the  
WSBA Member Wellness Program*

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**REPORTING YOUR CREDIT**

This on-demand seminar was originally presented as a live webcast on June 21, 2024, in Seattle, WA. If you attended the live webcast and reported CLE credits, you cannot also report credits from watching or listening to this recording if repeated within your three year reporting period.

**DESCRIPTION**

Dr. Benjamin discusses briefly the etiology of lawyer stress that can lead to depression, alcohol/drug abuse, and cardiovascular disease. These are the conditions that most frequently plague lawyers in contrast to other professional populations. He provides the evidence-based findings from the scientific literature about how to sustain lawyer health, values, and spirits.

**PRESENTER**

*G. Andrew H. Benjamin, JD, PhD, ABPP – University of Washington, Seattle, WA*