

# Well-Being Committee

Indiana State Bar Association  
Report to the ISBA House of Delegates  
October 9, 2025  
Indianapolis, Indiana

Nothing contained herein shall be construed as the action of the Indiana State Bar Association (ISBA). Any opinions or recommendations herein expressed or made are those of the **Well-Being Committee** submitting this report and do not necessarily reflect the views of the Indiana State Bar Association until such time as the ISBA has duly adopted them as policy of the Association.

# Highlight(s) of Accomplishments

- The Well-Being Committee continued pursuing its vision of moving a well-being cultural shift from an idea of “nice to have” to a must have.
- Sponsoring healthy refreshments and disseminating well-being advice featured on rolling slides during annual meeting programming
- The committee focused on the goal to “provide well-being facet options on a regular, rotating basis to normalize well-being in conversations” by:
  - Contributing resources to *Addendum*
  - Updating resource guides for law students and new admittees
  - Working with the ISBA and Krill Strategies to coordinate Indiana’s participation in the 2025 nationwide survey of lawyers’ health and well-being

# CLE

- Working on developing CLEs based on mental health first aid training and combating the stigma associated with mental health issues and alcohol and drug addiction

# Alternative Education Opportunities

- Social media posts for Well-Being in Law Week (May 5 -9, 2025)
- Resource guide for law students, which will be distributed at law school activity and career fairs
- Resource guide for new attorneys, which are included in the packets new lawyers receive at the spring and fall admission ceremonies
- Distribution of Institute for Well-Being in Law resources, including 31-Day Mental Health Challenge

# Looking to the Future

- Continue to provide resources to support ISBA members in search of healthy, positive lifestyles.
- Strive to infuse the facets of well-being in ISBA offerings by partnering with and supporting other ISBA sections and committees.
- Utilize the results of the national lawyers' survey (both global and Indiana-specific results) to direct resources to the greatest areas of need and develop programming and content to that
- Provide long-form, written well-being content for *Res Gestae* and other ISBA outlets on a regular basis.

This report is respectfully submitted by:

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