

Lawyers Concerned for Lawyers
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SUPPLEMENTAL RESOURCE LIST: RETURNING TO WORK POST-COVID

General COVID-19 Information and Updates

ABA COVID-19 Resources

<https://www.americanbar.org/groups/gpsolo/resources/disaster-resources/>

ABA Commission on Lawyer Assistance Programs Mental Health Resources

https://www.americanbar.org/groups/lawyer_assistance/resources/covid-19--mental-health-resources/

ABA Practice Forward Amid COVID-19

<https://www.americanbar.org/initiatives/practice-forward/>

Continually updated tools and resources to help move your practice and the legal profession forward during COVID-19 and beyond.

American Psychiatric Association Foundation Center for Workplace Mental Health COVID-19: Mental Health and Well-being

<https://workplacentalhealth.org/News-Events/COVID-19-Mental-Health-and-Well-Being>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov>

The CDC site is likely to offer the most current information on the COVID-19 virus, its spread, vaccinations, community recommendations, and other news.

Cleveland Clinic Employer Solutions COVID-19: Creating a Safe Workplace

https://my.clevelandclinic.org/departments/employer-healthcare-solutions/covid-19-workplace-safety?utm_campaign=covid19atwork-url&utm_medium=offline&utm_source=redirect&utm_content=covid19atwork-url

National Institutes of Health

<https://covid19.nih.gov>

The NIH site contains frequently updated blog posts and news releases relating to research and other COVID-19 information.

Minnesota Department of Health

<https://www.health.state.mn.us/diseases/coronavirus/>

Minnesota Courts COVID-19 Information

<https://www.mncourts.gov/emergency.aspx>

Minnesota COVID Response

<https://mn.gov/covid19/>

University of Minnesota Center for Infectious Disease Research and Policy (CIDRAP)

<https://www.cidrap.umn.edu/covid-19>

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Publications & Literature

Ethics

“The ethical imperative of self-care: For mental health professionals, it’s not a luxury,” Ashley Abramson, *American Psychological Association Monitor* (April 1, 2021). N.B. While this article is addressed to mental health professionals, its recommendations are applicable across all professions, including attorneys. <https://www.apa.org/monitor/2021/04/feature-imperative-self-care>

Gender Disparity

“71% of dads said working from home boosted well-being. Only 41% of moms agreed.” Anne Branigin, *The Lily* (May 6, 2021), <https://www.thelily.com/71-of-dads-said-working-from-home-boosted-well-being-only-41-of-moms-agreed/>

“More female than male lawyers are engaging in risky drinking, new study finds,” Stephanie Francis Ward, *ABA Journal Daily News* (May 12, 2021), <https://www.abajournal.com/news/article/more-women-than-men-lawyers-engaging-in-risky-drinking-study-finds>

Grief and Loss

“6 Ways to Deal With COVID-19 Grief and Loss,” Juli Fraga, Psy.D., <https://www-self-com.cdn.ampproject.org/c/s/www.self.com/story/covid-grief-and-loss/amp>

The Legal Profession

“Legal Aid in a Pandemic: Notes from the Front Lines,” Lilo Schluender, *Bench & Bar Magazine* (April 2021), <https://www.mnbar.org/resources/publications/bench-bar/issues/april-2021/2021/04/05/legal-aid-in-a-pandemic-notes-from-the-front-lines>

“Practicing with grace: Covid-19 and the coming eviction crunch,” Manaire T. Vaughn, *Bench & Bar Magazine* (April 2021), <https://www.mnbar.org/resources/publications/bench-bar/issues/april-2021/2021/04/05/practicing-with-grace-covid-19-and-the-coming-eviction-crunch>

Mental Health

“Back to Office Anxiety? How to Keep your Fears in Check,” Dr. Margie Warrell, *Forbes.com*, <https://www.forbes.com/sites/margiewarrell/2021/03/16/anxious-about-returning-to-the-office-stop-stressing-yourself-out/?sh=21996ea4abbc>

“Dealing with Pandemic Stress,” Donna Boni, *ABA GPSolo eReport* (May 25, 2021), https://www.americanbar.org/groups/gpsolo/publications/gpsolo_ereport/2021/may-2021/dealing-pandemic-stress/

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“How sobriety strategies can help anxious people reenter society after the pandemic,” Erin Shaw Street, *The Washington Post* (May 27, 2021), https://www.washingtonpost.com/lifestyle/wellness/anxiety-reentry-sober-coping-skills-recovery/2021/05/26/a171bdbe-be47-11eb-9c90-731aff7d9a0d_story.html

“Leading Through Anxiety: Inspiring others when you’re struggling yourself,” Morra Aarons-Mele, *Harvard Business Review* (May 11, 2020), <https://hbr.org/2020/05/leading-through-anxiety>

“Making it OK to Get Help,” Tom Gilbertsen and Julie Mitchell Newlands, *Washington Lawyer* (January/February 2021), <https://washingtonlawyer.dcbbar.org/januaryfebruary2021/index.php?startid=10#/p/10>

“The Mental Health Factor: Accounting for the Emotional Toll of the Pandemic,” Laura Mahr, *ABA Law Practice Magazine* (May 1, 2021), https://www.americanbar.org/groups/law_practice/publications/law_practice_magazine/2021/mj21/mahr/

“Pandemic Mental Health and Physical Symptoms,” *Mental Health America*, <https://mhanational.org/pandemic-mental-health-and-physical-symptoms>

“The pandemic proves we all should know ‘psychological first aid.’ Here are the basics.” Stacey Colino, *The Washington Post* (September 22, 2020), https://www.washingtonpost.com/lifestyle/wellness/pandemic-psychological-first-aid-anxiety/2020/09/21/7c68d746-fc23-11ea-9ceb-061d646d9c67_story.html

“We are all either desperately lonely—or desperate for alone time. Which are you?” Emma Beddington, *The Guardian* (March 22, 2021), <https://www.theguardian.com/commentisfree/2021/mar/22/we-are-all-either-desperately-lonely-or-desperate-for-alone-time-which-are-you>

Substance Use

“America Has a Drinking Problem: A little alcohol can boost creativity and strengthen social ties. But there’s nothing moderate, or convivial, about the way many Americans drink today.” Kate Julian, *The Atlantic Monthly* (July/August 2021) (this article was published in print under the title “Drinking Alone”), <https://www.theatlantic.com/magazine/archive/2021/07/america-drinking-alone-problem/619017/>

“Excessive Drinking Rose During the Pandemic. Here Are Ways to Cut Back.” Anahad O’Connor, *The New York Times*, (April 12, 2021), <https://www.nytimes.com/2021/04/12/well/mind/covid-pandemic-drinking.html>

“How Bad Is Our Pandemic Drinking Problem? The past year has changed alcohol use patterns, especially among women. The impacts probably won’t be fully known for years.” Kim Tingley, *The New York Times* (April 21, 2021), <https://www.nytimes.com/2021/04/21/magazine/covid-drinking-alcohol-health.html>

“Why Drug Overdoses Have Gone Up During the Pandemic,” Mattea Kramer, *The Nation* (September 17, 2020), <https://www.thenation.com/article/society/coronavirus-pandemic-overdose/>

“Why professionals, depressed and anxious, are developing addictions during COVID,” Eilene Zimmerman, *The Guardian* (October 13, 2020), <https://amp.theguardian->

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Well-Being

“Better Boundaries, Better Lawyering, Better You,” Judith Gordon, *Thrive in Law Blog* (March 24, 2021), <https://www.thriveinlaw-blog.com/home/better-boundaries-better-lawyering-better-you>

“Emotional Well-Being and Coping During COVID-19,” *Weill Institute for Neurosciences, Department of Psychiatry and Behavior Sciences, University of California, San Francisco*, <https://psychiatry.ucsf.edu/copingresources/covid19>

“Dark and Stormy Nights, Silver Linings, and Attorney Well-Being,” Erna Womble, *Law Practice Today* (January 15, 2021), <https://www.lawpracticetoday.org/article/dark-and-stormy-nights-silver-linings-and-attorney-well-being/>

“How to Reset Your Family’s Screen Time After the Pandemic,” Maryam Abdullah, *Greater Good Magazine* (July 1, 2021), https://greatergood.berkeley.edu/article/item/how_to_reset_your_familys_screen_time_after_the_pandemic

“The science of hugging, and why we’re missing it so much during the pandemic,” Susannah Walker, *The Guardian* (April 14, 2021), <https://www.theguardian.com/commentisfree/2021/apr/14/science-hugging-missing-pandemic-human-touch-skin>

“The Science of Well-Being During COVID-19,” John Hollway, *National District Attorneys Association* (March 31, 2021), <https://ndaajustice.medium.com/the-science-of-well-being-during-covid-19-258cac6c411a>

“Survey finds decline in lawyer well-being, particularly for early-career respondents,” Debra Cassens Weiss, *ABA Journal Daily News* (June 30, 2021), <https://www.abajournal.com/news/article/survey-finds-decline-in-lawyer-well-being-particularly-for-early-career-respondents>

The Workplace

“Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic,” CDC, <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>.

“Expert Q&A: COVID-19 Vaccine and Employment,” Richard Warren, *ABA GPSolo eReport* (May 25, 2021), https://www.americanbar.org/groups/gpsolo/publications/gpsolo_ereport/2021/may-2021/expert-q-a-covid-19-vaccine-employment/

“Op-ed: Red flags that your coworker has fallen prey to addiction during the pandemic,” Rachel Graham and John Edmonson, *CNBC* (September 9, 2020), <https://www.cnbccom.cdn.ampproject.org/c/s/www.cnbccom/amp/2020/09/09/red-flags-your-coworker-has-fallen-prey-to-addiction-during-pandemic.html>

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