

Well-Being Week in Law 2024 Bingo

1. Click links in the Bingo card below. Print a copy of the card or use software to mark your answers.
2. Mark what you completed, and fill in prompts where requested. It doesn't have to be neat. Use the margins if you need to.
3. Snap a pic of your Bingo (five in a row, multiple rows, or blackout) using your phone (or take a screenshot or scan a copy) and email it to SHowshar@wyobc.org to log your bingo. Do this between May 6 to 10; the sooner the better because...
4. The first **five** winners get a free book about legal brains, resilience, and the business case for attorney well-being.
5. Open to lawyers, paralegals & assistants, judges & court staff, law students, law professors, and all other legal professionals.

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| <u>FOLLOW</u> Follow the State Bar's Well-Being page on Facebook | <u>NAME ONE</u> dimension of well-being from the ABA Task Force Report on Attorney Well-Being: _____ | <u>TRUE/FALSE</u> the Wyoming Lawyer has a Be Well column in every issue | <u>READ: Name</u> one reason pro bono service supports well-being. _____ | <u>WHO</u> This entity: _____ offers Wyoming lawyers a free, anonymous self-assessment tool & resources |
| <u>NAME: This</u> member benefit can connect attorneys with video counselors _____ | <u>IDENTIFY: one</u> characteristic of attorney resilience from this article: _____ | <u>READ: Some</u> firms make this aspect of wellness part of well-being planning. _____ | <u>WHO is the</u> current director of WyLAP _____ | <u>LISTEN to a</u> podcast from the Institute for Well-Being in Law |
| <u>READ The</u> business case: what is the estimated cost of replacing associates: _____ | <u>KNOW: In 2022,</u> Wyoming joined other states in this: _____, a 3-digit suicide & crisis life line. | FREE SPACE | <u>CHECK OUT</u> the Wyoming State Bar's Well-Being Resource Pages | This State Bar program: _____ coordinates assistance in response to disaster, death, illness, injury. |
| <u>REFLECT Read</u> this article. Why did you want to become a lawyer? _____ | <u>READ: Who</u> authored the ABA Well-Being Toolkit for Lawyers & Legal Employers _____ | <u>Red Cave Law Firm Consulting</u> is free for State Bar members: <u>YES/NO</u> | <u>NAME the</u> student club at the UW College of Law promoting well-being to reduce stigma around mental health _____ | <u>TRUE/FALSE</u> <u>WyLAP is</u> always confidential |
| <u>TRUE/FALSE</u> Grants are available to those who need help obtaining addiction/mental health treatment | <u>TOP TIPS</u> Name 1 of the 12 tips for new lawyers from this article: _____ | The State Bar offers 2 early-morning physical activities at the annual conference. Name one: _____ | <u>NAME ANOTHER</u> dimension of well-being on p. 9 of the ABA Task Force Report on Attorney Well-Being: _____ | <u>READ "The</u> ethics case" What are 2 rules well-being relates to? _____ & _____ |

The first **five Bingo winners will be sent a new book, *The Legal Brain: A Lawyer's Guide to Well-Being and Better Job Performance* by Professor Debra S. Austin [Cambridge Univ. Press 2024].**