

# **Resources for Lawyer and Judicial Wellness**

Compiled by  
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For

**JUDICIAL PROFESSIONALISM: REFLECTIONS FROM THE BAR  
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## **Resources for Lawyer and Judicial Wellness**

### **A. Lawyer Assistance Program**

The following information regarding the Lawyer Assistance Program is found on the State Bar of Georgia Website.

<https://www.gabar.org/committeesprogramssections/programs/lap/index.cfm>

- State Bar of Georgia provides the Lawyer Assistance Program (LAP) which is a confidential service provided by the State Bar to help its members with life's difficulties. In order to help meet the needs of its members and ensure confidentiality, the Bar contracts the services of CorpCare Associates, Inc., Employee Assistance Program, a Georgia-headquartered national counseling agency.

The LAP provides a broad range of helping services to members seeking assistance with depression, stress, alcohol/drug abuse, family problems, workplace conflicts, psychological and other issues. You can contact the LAP by calling 1-800-327-9631, or by emailing Nicole Browning, Customer Service Manager, CorpCare Associates, Inc., at [nicole@corpcareap.com](mailto:nicole@corpcareap.com).

- All services are accessible through the confidential LAP Hotline: 1-800-327-9631
  1. Telephone Hotline: Staffed by trained counselors 24 hours a day, 7 days a week. If you are a **lawyer** or **judge** and have a personal problem that is causing you significant concern, the Lawyer Assistance Program can help. Please feel free to call LAP's confidential hotline at 1-800-327-9631.
  2. Personal Counseling: **Six prepaid clinical sessions per calendar year.**
  3. Work/Life Program for assistance with such issues as childcare, elder care and finances. Callers receive advice, referrals and materials customized to take into account their individual concerns, financial and geographic needs. These referrals are reached through calling the LAP Hotline: 1-800-327-9631.

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### **B. State of Georgia's Employee Assistance Program**

<https://www.espyr.com/>

1-855-584-3855 to Request Services

General information regarding the State of Georgia's Employee Assistance Program found on the website provides as follows:

The Wellness Module provides resources to help you learn about the areas of life over which you can have the greatest impact. Here you will find the latest, most reliable information

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available on dealing with stress, diet, fitness, and smoking. By increasing your knowledge and understanding of these topics, you can help reduce your health risks and increase your overall well-being.

Want to lose weight, become more physically fit, reduce stress, or stop smoking? Want to know your risks? Interested in information on programs that work and those that don't? Browse through the articles, videos and health assessments to get a better insight on good health.

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Featured Assessment:

### **General Health Risk Assessment**

Our General Health Assessment is focused on helping you discover the present status of your health, as well as making recommendations for how you can keep up healthy habits, while eliminating unhealthy ones.

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### **Dieting**

The battle of the bulge is a classic struggle that many Americans grapple with every day. Whether you're looking to lose a few pounds or seeking a heart healthy diet, the Dieting Solution Center can help. Learn about the fruits you should be eating, the portion sizes that are right for you and how some foods can help reduce your risk of cancer. Sink your teeth into the quizzes to see how much you really know about what you're putting in your mouth. you'll be on the road to a healthier you in no time.

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### **Stress**

You want to maintain control and reduce the pressure and uncertainty in your life. Stress not only affects you, but the people around you. And that is why just reading the word stress can cause a physical reaction. Click here to pinpoint why you're stressed and how you can work to relieve it.

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### **Smoking**

A puff here, a puff there are you a social smoker, do have the occasional cigarette to relieve stress? Whether you smoke once a week or you burn through two packs a day, it is time to quit! This expensive, life-threatening habit is a hard one to break, but with the right information, a sure-fire plan, and a little help, anyone can quit. Use the Smoking Solution Center to learn about the health risks of smoking, your options for quitting and what to do once you've kicked the habit.

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### **Fitness**

Whether you run 10 miles a day or can't remember the last time you willingly participated in some form of exercise, the Fitness Solution Center will be a resource for you. Here you'll learn how to get and stick with a fabulous exercise routine. you'll figure out how to avoid fitness pit falls. You'll understand what keeps you exercising all year around. And you'll learn about all of the advantages of having an active lifestyle. Start with the FAQs and then breeze through our top articles, you'll be in the fitness marathon in no time.

### **C. National Judicial College Course – Mindfulness for Judges**

<https://www.judges.org/courses/mindfulness-for-judges-2/>

Course offered by the National Judicial College. General information about the course on the website provides as follows:

Over the course of the four days, we will explore the most current research on mindfulness, including the neuroscience underlying mindfulness and the effects of mindfulness on work-related skills and behaviors. Specifically, participants will learn how mindfulness can help cope with trauma and enhance leadership and communication. Mindfulness also ...

- develops your immune system;
- aids with physiological responses to stress and negative emotions;
- improves social relationships with family and strangers;
- reduces stress, depression, and anxiety;
- increases well-being and happiness;
- increases openness to experience, conscientiousness, and agreeableness; and
- improves your awareness that is more clear, nonconceptual, and flexible.

Research on mindfulness in the judiciary (for example, the effectiveness of mindfulness in addressing unconscious biases) will be a particular focus. In addition to the didactic portion of the program, we will spend a significant amount of time experiencing directly a wide variety of attention focusing and meditation practices, while leaving time for thoughtful dialogue and inquiry. By the end of the course you will have both experience with mindfulness practice along with the resources to keep your practice going for years to come.