



AMERICAN **BAR** ASSOCIATION

Commission on Lawyer
Assistance Programs

Virtual Resources for Recent Graduates Summer, 2020

The ABA Commission on Lawyer Assistance Programs (CoLAP) is here to support you while you study for the bar exam. During this challenging time, we want to encourage you to take care of yourselves and continue to focus on all aspects of your well-being. Your physical and emotional health are critical to your success in life...and on the bar exam.

Student Health Insurance

Recent graduates are encouraged to seek alternative coverage well before the termination of their current plan. You should confirm when your current coverage through your law school (or other source) ends.

The ABA Law Student Division and ABA Insurance Program have organized an important Webinar called ***Student Guide to Understanding and Navigating Health Insurance*** to address insurance questions for **Thursday, May 21 at 4pm EST**. Please read the attached [flyer](#) and register now.

More resources are available at:

[-ABA Insurance Program](#)

[-Healthcare.gov](#)

-You may also want to consult with your University's current insurance carrier and/or your alumni association for other local referrals.

Lawyer Assistance Programs

Each state has a Lawyer Assistance Program (LAP) that is dedicated to confidential counseling for law students, lawyers and judges around issues of substance use and mental health. You can locate the LAP in your area with this [directory](#).

The ABA Commission on Lawyer Assistance Programs (CoLAP) offers a list of mental health resources for the legal profession to assist in understanding and prioritizing our mental health, well-being and recovery in these challenging times. View the special dedicated [resources](#) related to COVID-19.

Podcasts

The ABA CoLAP has produced a podcast series for law students available on our [website](#) or most podcast platforms called ***Path to Law Student Well-Being***. We highly recommend the following relevant podcasts:

- The Practice and Benefits of Mindfulness
- Adopting a Growth Mindset
- Dealing with Stress While Studying for the Bar Exam
- Practice Makes Passing

Enjoy these and other inspirational podcasts to keep you positive and focused on your mission for this summer.

Physical Fitness

Now more than ever, physical activity is an important step you can take to maintain your health and wellness. We encourage daily socially distanced exercise as an essential part of your bar study routine, whether you run, walk, or participate in online classes for yoga.

Mental Fitness

There are many helpful apps designed to provide you with tools to cultivate greater emotional well-being and improve academic performance. These include Headspace (<https://www.headspace.com/covid-19>), 10% Happier (<https://www.tenpercent.com>), Waking Up (<https://wakingup.com>) and Calm (calm.com), which is offering a free two month trial. *WellTrack* includes relaxation exercises, simulated situations to deal with specific anxieties (including public speaking), and a course on resilience specifically designed to help manage and gain perspective on COVID-related emotions (membership required).

Financial Wellness

Students are encouraged to have a financial plan through the time that they sit for the bar, including a safe and affordable place to live. Many law schools have shared information about bar study loans and COVID-related emergency loans. **AccessLex** has provided emergency funds to law schools across the country and also offers many valuable COVID-related [resources](#) including webinars and one-on-one coaching for students and graduates.