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NOTE FROM THE ISSUE EDITOR

BY LAURY M. MACAULEY, ESQ.

In this month's issue of *Nevada Lawyer*, instead of focusing on substantive legal issues, we are presenting readers with a series of articles centered on one of the most crucial foundations of any legal practice: the health and wellness of the attorneys who provide much-needed legal services to so many in our state.

Long hours and hard work can take a heavy toll, but when attorneys take on clients, they are promising to give those clients their very best work; if an attorney is suffering mentally or physically, it is almost a guarantee that sooner or later his or her work performance will suffer as well. This is why it is so important for attorneys to remain mindful of their health—both in body and mind. Without the many dedicated Nevada lawyers who are able to function at a high level, with consistency and over a long period of time, the quality legal assistance their clients have come to expect would no longer be available to them.

To this end, the July issue contains articles covering topics that range from the kind of wellness programs being implemented at some Nevada law firms, to the many services the State Bar of Nevada (SBN) offers attorneys in need of a helping hand, and a few guides to strengthening exercises and yoga poses that can be done at the gym, at home and even right at your desk! From self-starting initiatives to programs where attorneys in need of some external support can find assistance, this issue addresses a myriad of ways attorneys can improve their health and well-being and lower the stress that is often a constant companion of those in the legal profession. With this issue, we hope to provide additional information on these important topics and to encourage bar members to focus some of their energy and attention on improving their health, along with their legal credentials.

In addition, in this issue readers will meet new SBN President Richard Pocker, who introduces himself in his first Message from the President, and say farewell to outgoing Young Lawyers Section Chair Jordan Davis, in his final column for the section. Read all about Nevada's successful first time serving as host of the National Mock Trial High School Trial Championship, take a short quiz on "Attorney Stressors" and earn an hour of A.A.MH credit and, finally, learn some things you probably didn't know about the oldest known written code of law, in this month's Rule of Law Column.

Enjoy this issue and, above all, be well! **NL**

LAURY MACAULEY is the owner of Macauley Law Group, P.C., in Reno. Her practice focuses on estate planning, probate, business and bankruptcy law. She can be reached at laury@macauleylawgroup.com.



It's not selfish to make your happiness a priority; it's necessary.
NLAP can guide you toward better mental health.

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