

DRI for Life

Enriching Our Professional Lives

By Alex Hagan, DRI National Director, DRI for Life Vice Chair



Bryan Garcia and I have been honored to serve as the committee leadership for DRI for Life. The DRI for Life Committee, whose members are appointed to serve by DRI's president, spends time working on committee initiatives to assist our members in achieving meaningful experiences, both in their legal practices and in the various events sponsored by DRI. Pervading each of the activities or initiatives of the DRI for Life Committee is the committee's mission to improve our professional lives and endorse the message that being a defense attorney is a good and honorable profession. We need your help achieving this mission.

We encourage each of you to spend a little time reading the regular DRI for Life article that appears in this publication (see page 6 for this month's installment). We cover a variety of health and well-being topics. The articles often recount personal struggles or achievements of our membership, many of which may mirror some of your own experiences. None of us is alone in our personal or professional struggles. If you would like to write an article, please contact our publications chair, Lee Craig.

DRI for Life has a large number of resources available at <https://www.dri.org/committees/committee-detail/driflife>. Among other resources, you will find a Work Life Balance Resource Center, as well as a Substance Abuse Resource Center. We also maintain a "Blue Zone Activities" list. For every major city where DRI holds programs, our committee has identified a number of healthy and enriching activities for members and their family. This is a great resource to help you plan your next great adventure when you attend a DRI seminar. In case you have questions or concerns about any of the activities listed, DRI for Life has identified at least one city ambassador to help you plan your outing. If you decide to participate in any blue zone activity at your next DRI event, please take a picture and let us circulate it through our social media channels under #DRIforlife.

DRI for Life has many new projects underway, as well. As many of you are aware, DRI for Life is spearheading an ambitious survey of all our membership on stress hardness. This is an anonymous, academically sanctioned study led by Professor Pam Pierson from the University of Alabama School of Law. "Stress hardness" is a broad term that includes relationships, sleep, exercise, addiction and substance abuse, and other topics. We encourage each and

every one of you to participate in the survey. The data derived from the survey will be used to refine how DRI can better serve its membership and work to address issues facing the defense bar proactively. DRI for Life wishes to express its sincere gratitude to Professor Pierson for undertaking this project. We anticipate that the survey may result in many surprises—some good, some not. Nonetheless, the information will be used to better our members' professional and personal development.

DRI for Life is also working on developing a wellness and mindfulness speakers bureau. There is a developing trend in our profession for continuing legal education requirements in the areas of mindfulness, addiction awareness, and stress reduction techniques. DRI for Life hopes that its speaker bureau will help facilitate the inclusion of these topics in future seminars.

Rapid technological advances and digital interconnectedness are changing the practice of law. In the "good" column, DRI for Life has embraced the DRI Circles app as a manner for bringing people with similar interests, such as reading or scuba diving, together. Through its DRI Circles, DRI for Life hopes to connect members with similar interests both inside and outside of the practice of law. As we have all experienced, DRI is most valuable at the human level.

Finally, DRI for Life is committed to expanding the concept of networking beyond the traditional cocktail reception. To that end, DRI for Life is excited to announce that in January 2019, it will host its first Mocktail Reception Bar at the 2019 Women in the Law Seminar, which will be held at the Hotel Del Coronado in San Diego. The Mocktail Bar will give all DRI members the option of participating fully in a fun networking reception while de-emphasizing the importance of alcohol in such events. We recognize that many DRI members enjoy drinking responsibly and enjoy the traditional cocktail reception. That tradition will continue. We also recognize, however, that providing an alternative to an alcohol-focused reception is appealing to many and encouraged by many who are looking for ways to avoid such events. We are excited that the Women in the Law Committee has volunteered their seminar to be our test market for this event. Over the coming year, DRI for Life will continue to explore other healthy networking opportunities for the DRI community.

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Many of you have seen DRI for Life events at seminars and the DRI Annual Meeting. There have also been several impromptu runs and walks that claimed the DRI for Life banner. We enthusiastically endorse this and we encourage you to join us or advertise your own adventure under our banner.

DRI for Life encourages each of you to take care of yourself, take care of others, and spend more time focusing on connecting with other DRI members, either through DRI for Life activities or other events. After all, it is the professionals that makes this a great profession. Please contact Bryan or myself if you would like to participate in DRI for Life or if we can assist your state defense organizations in setting up similar programs. 