

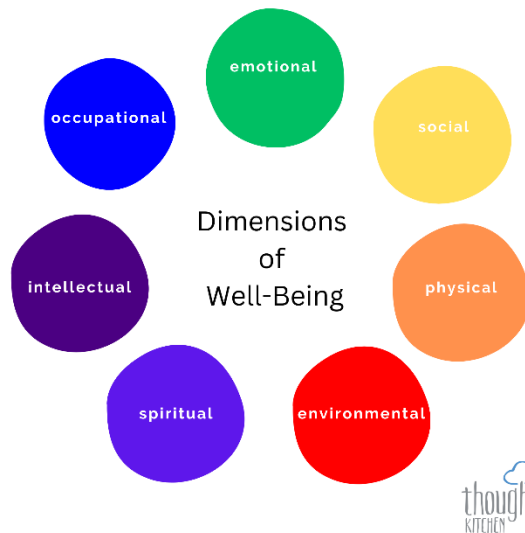
Well-Being in the Law



In 2020, the most comprehensive study of stress and resiliency in the U.S. Judiciary was published, and since that time, efforts have been underway to find ways to support judicial officers' well-being. Of course, judicial officers are just as unique as the people in the roles, which means their well-being is, too. In this session, we will offer a framework, the Dimensions of Well-Being, and get curious about three questions:

1. What does each dimension of well-being look like for you?
2. What gets in the way?
3. What does support look like?

Participants will leave with resources to build their own well-being menu to fuel the pace of their lives, both on and off the bench.



Speaker:



Jill Carnell, Cofounder & Chief Contemplative Officer, [Thought Kitchen](#)

Jill Carnell (she/her) is a curious entrepreneur and compassionate disruptor who enjoys convening people, resources, processes, and ideas to bring more ease to our daily lives.

Jill studied Organizational Leadership and Supervision at Purdue University West Lafayette, earning a BS degree in May 1999. A proud alumna of the part-time evening program at Indiana University McKinney School of Law, Jill earned a JD in May 2005 and has been licensed to practice law in Indiana

since October 2005.

Over the course of the next fifteen years, Jill spent time in private law practice as well as in state and local government. During the early 2010s, she opened a needle arts shop in her hometown of Greenwood, eventually selling to a partner when she returned to full-time state government service.

Jill completed the Master of Arts in Mindfulness Studies program at Lesley University in Cambridge, Massachusetts, earning a Master of Arts degree in September 2021. Her thesis, [An Introduction to the Brahmavihāras: For Lawyers, Law Students, & Judicial Officers](#), has been downloaded more than 200 times.

Jill and her husband, Mark, are the proud parents of Patrick, their adult son.