



BWell is Bracewell's Well-Being Program

Launched in 2019, BWell is a holistic program that promotes and sustains healthy work-life integration by focusing on four pillars of well-being:

- mental well-being
- physical well-being
- financial well-being
- community

BWell is a comprehensive initiative designed to support and improve the well-being of the firm's lawyers and business professionals. By focusing on four critical pillars — mental well-being, physical well-being, financial well-being and community — the program ensures a holistic approach to work-life integration.

Each quarter, BWell offers programming centered around one of these themes, featuring expert presentations on significant topics. Recent sessions have addressed mental health, strategies for navigating financial challenges and the importance of nutrition and immune health.

The program's primary goals are to educate participants and raise awareness about various facets of well-being, recognize warning signs of mental health and substance abuse issues and provide practical self-care tools. By fostering self-awareness, reducing stigma and encouraging proactive wellness planning, BWell empowers individuals to maintain their health and resilience.

In addition to speaker events, BWell includes hands-on activities in local offices, such as mental health first aid training, nutrition education, fitness challenges and community engagement through charity events.

Bracewell's commitment to well-being is further evidenced by its alignment with the [ABA's Well-Being Pledge](#), affirming the firm's dedication to addressing substance use and mental health challenges within the legal profession.