



MAKING HEALTH & FITNESS A PRIORITY

The practice of law is a wonderfully rewarding profession because we, as lawyers, have the power to change lives. Shouldering that responsibility can take a toll on us physically and mentally. For that reason, it is incredibly important for lawyers to obtain a sense of balance in their lives, as well as achieve and maintain wellness. It is important that we be proactive in addressing work/life balance, managing stress, and avoiding burnout.

And if we encounter struggles along the way, it is important we know where to find help:

- wvjlap.org
- americanbar.org/groups/lawyer_assistance/resources/lawyer_wellness.html
- https://www.nhs.uk/tools/documents/self_assessments_js/assessment.html?XMLpath=/tools/documents/self_assessments_js/packages/&ASid=43&syndicate

As service providers our bodies and our minds are our greatest assets, impacting not only the quality of our health, but of our lives, our families, our work, and our clients.

We, as a profession, must continue to pursue wellness for ourselves so that we can be strong advocates for our clients, and work to support our colleagues who may be struggling. Our clients are depending on it!

THINGS YOU CAN DO!

Disconnect from technology in the evening

Mindfulness & Meditation

Take time doing something you enjoy

Move Your Body

Eat Healthier

Get Better Sleep

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