



Well-Being Resources for Colorado's Legal Community

Practice Mindfulness

Focus on the present rather than the past or potential future throughout the day. Shifting attention to your emotions, body, and surroundings enhances problem solving, patience and compassion. A simple tool is to breathe deeply and stretch or move areas of the body that need it, such as your back, shoulders, or neck.

Take Stock

What are your personal values? Create a personal mission statement. Examine the purpose of your work and other activities. Are you practicing work-life balance? Do you need a vacation? Schedule daily breaks and planned time off. Organize your desk and environment. Prioritize your commitments. "Spring cleaning" is helpful anytime!

Strive for Balance

Well-being is multifaceted. Examine your emotional, mental, vocational, physical, spiritual, social, and environmental health. Which category needs attention? How can you improve your well-being in that area? Set realistic goals and dedicate attention to at least one of these over the next month.

Get Back to Basics

Strive for 6-8 hours of sleep every night, eat nutritious meals, relax more, meditate, exercise and move regularly. Spend time with friends and loved ones. Limit exposure to screens and social media. Enjoy being in nature or with your pets. Take time to appreciate your surroundings.

Use Support Systems

Debriefing with trusted co-workers, peers or mentors can help reduce workplace stress, isolation and imposter syndrome. If you do not have a mentor or you would like to be one, contact CAMP. If you prefer to discuss your stressors confidentially, contact COLAP for a free consultation and therapeutic referrals.

Be Strategic

Develop a range of strategies to help maintain boundaries between work and personal life. Create routines to "shut down" work so you can focus on loved ones. Turn off access to email or work texts when possible. Take time off to travel and schedule social activities. Engage in hobbies or read about subjects that are not work related.

Resources & Support

COLAP: The Colorado Lawyer Assistance Program is the free and confidential well-being and behavioral health program for the entire legal community providing consultation, therapeutic and professional referrals, education, and support.

www.coloradolap.org | 303-986-3345 | info@coloradolap.org

CAMP: The Colorado Attorney Mentoring Program promotes community, competency, and professionalism through mentoring resources, peer support, and professional development to lawyers throughout Colorado.

www.coloradomentoring.org | 303-928-7750

CLHL: Colorado Lawyers Helping Lawyers offers peer to peer support groups for members of the legal community. Find more information on meeting times and contact information by visiting the Colorado Resources section of COLAP's resources web page.

<https://coloradolap.org/home/resources>

The Colorado Well-Being Recognition Program for Legal Employers formally recognizes and incentivizes legal employers seeking to adopt significant, ongoing, and purposeful lawyer well-being strategies and initiatives within their organizations.

www.coloradolawyerwellbeing.org

CBA: The Colorado Bar Association provides practice management resources, and opportunities to connect to your community and become more versed in your practice area.

www.cobar.org | 303-860-1115

The Colorado Lawyer Self-Assessment Program is a confidential self-assessment designed to help lawyers better serve clients and simplify their professional lives by reflecting on efficient law office management and compliance with professional obligations. The confidential self-assessment qualifies for ethics CLE credit.

www.coloradosupremecourt.com/AboutUs/LawyerSelfAssessmentProgram.asp

CSEAP: The Colorado State Employee Assistance Program is a free resource for state employees.

www.cseap.colorado.gov | 303-866-4314

CLI: The Center for Legal Inclusiveness is dedicated to advancing diversity in the legal profession by actively educating and supporting private and public sector legal organizations in their individual campaigns to create cultures of inclusion.

www.centerforlegalinclusiveness.org | 303-313-6860

The Judicial Well-Being Website is designed to strengthen performance on the bench, enhance job satisfaction and work-life balance, and foster community within our profession.

• Check out the **Get Connected!** tab for more ways to connect with other Judicial Officers, the **Resources** tab for programs including **Just Be: Yoga & Mindfulness for Colorado Judicial** and the **Judicial Peer-to-Peer Coaching Program**.

www.judicialwellbeing.colorado.gov

24/7 Suicide & Crisis Lifeline: Call or Text 988

