

THREE PATHS TO WELLNESS & PREVENTING BURNOUT

FOR LAWYERS AND ATTORNEYS



VIRTUAL CONTENT

This pathway considers the demanding schedules of lawyers and addresses the need for timely information & privacy.

Content delivered via email, social media, or the EFW website. This content includes short videos such as:

- Lawyers telling compelling stories
- Law profession insights
- Mental health
- Emotional resilience
- Emotional regulation
- Burnout prevention
- In office physical activity (ex. yoga)
- Breathing exercises & meditation



INFORMAL SOCIAL GROUPS

This pathway addresses the need for belonging, community, and peer support. Our survey data showed that attorneys think the field is competitive and not supportive of making peer connections.

EFW can create a calendar of events on their website to keep participants informed.

This can include group events such as:

- Improv comedy nights
- Exercise groups and sports
- Meditation group
- Hiking



FORMAL TRAINING

This pathway supports the need for self efficacy, learning, and competence.

Empower Fort Worth can bring in experts to offer workshops and training for helping professional. Trainings can include topics such as:

- Vicarious trauma
- Emotional regulation
- Emotional resilience
- Group sessions (similar to AA but for helping professionals to share stories and challenges)
- Mental health first aid
- Burnout prevention