

LIFE IN LAW

# The Resilient Lawyer Checklist



**Your Partner in Professional Growth**

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# Managing stress in the legal profession requires more than just good intentions.

If you are looking for steps you can take right now to support your own wellbeing and resilience, this checklist is designed for you. Use it to review your day-to-day habits, spot areas where small changes could make a big difference, and create practical routines that foster both performance and a healthier workplace.

**Use this tool to audit your current habits and identify areas where small changes can yield high performance results.**



# 1. Manage Your Energy (Not Just Your Time)

If you want to manage stress and improve your performance, start by looking at how you maintain your energy throughout the day. Use these practical steps to keep your mind sharp and your energy steady.



**Audit your caffeine intake.** Stop relying on coffee to survive the afternoon slump. Switch to water or herbal tea after 2 pm to protect your sleep quality.



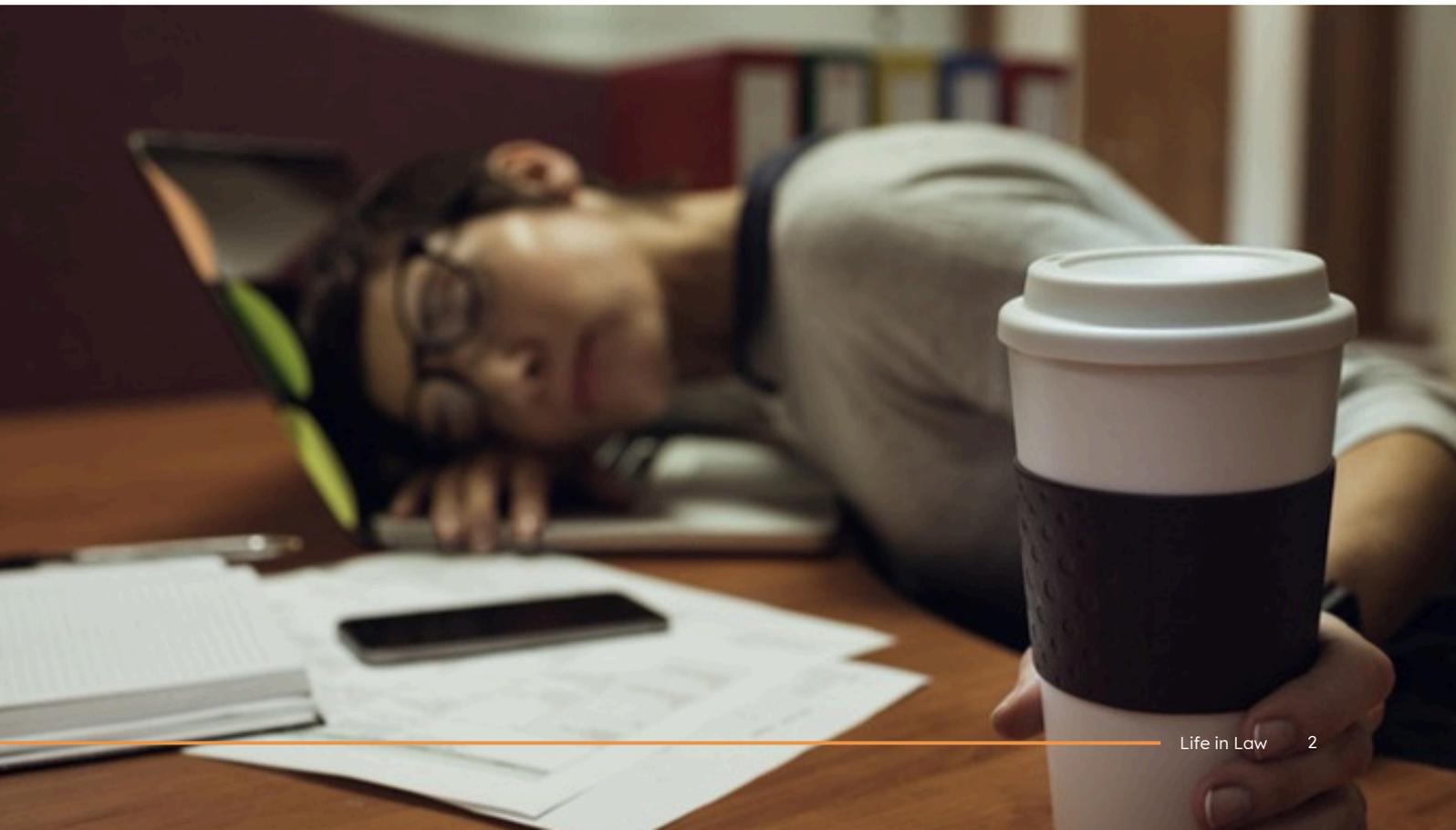
**Move for mood.** Schedule a 15-minute walk outside during the day. This isn't "downtime"; it is a cognitive reset that lowers cortisol.



**Protect your sleep window.** Establish a rigorous wind-down routine 60 minutes before bed. No screens, no emails.



**Eat for focus.** Avoid sugar-heavy snacks that cause energy crashes. Choose protein-rich options to maintain steady concentration.





## 2. Set Boundaries for Sustainability

Setting boundaries is an essential part of sustainable high performance. Use these steps to protect your time, energy, and wellbeing, ensuring you can do your best work without burning out.

- **Define your "offline" hours.** Clearly communicate when you are unavailable to colleagues and clients (barring genuine emergencies).
- **Stop working on leave.** If you take a holiday, fully disconnect. Your brain needs complete detachment to recover.
- **Challenge the "urgent" label.** Before reacting to a request, pause and ask: "Is this truly urgent, or just important?"
- **Schedule deep work blocks.** Protect 90-minute windows for focused legal work, turning off instant notifications to reduce cognitive switching costs.

## 3. Foster Psychological Safety (For Leaders)

Building a culture of psychological safety is an ongoing process, shaped by small actions each day. As a leader, your approach sets the tone and creates an environment where everyone can contribute and learn without fear.

### → Model vulnerability.

Admit when you are under pressure or have made a mistake. It gives your team permission to be human.

### → Ask better questions.

Instead of "Is everything under control?", ask "What is your biggest blocker right now?" or "Do you have the capacity for this?"

### → Reward impact, not visibility.

Praise the quality of the work and the outcome, rather than the number of hours spent in the office.

### → Debrief without blame.

When things go wrong, focus the conversation on the system failure, not the person failure.





## 4. Build Professional Durability

Use these practical actions to help build your professional durability and keep yourself well supported for the long term.

### Seek "scaffolding" support.

If you are a junior lawyer, actively ask for specific feedback and guidance, not just work allocation.



### Connect with purpose.

Remind yourself weekly why you chose this profession. Connect your daily tasks to the bigger picture of client outcomes.



### Normalise support.

If stress levels feel unmanageable, speak up early. Using coaching or support services is a sign of professional maturity, not weakness.

# Ready to Go Deeper?

This checklist is a starting point. To truly transform your performance or your firm's culture, you need the right tools and strategies.

## For Individuals:

Join our upcoming Health Foundations for Performance public course to master the physiology of high performance.

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