

# Are You Accounting for Your Well-Being?

By JOSHUA J. DEVINE

**T**his bar year I have challenged my Young Lawyers Section peers to become comfortable being uncomfortable. In previous articles I wrote about stepping outside comfort zones to develop new skills or improve skills that need further development. In this article I challenge you to reflect on your own well-being. As young lawyers, our emotional and physical health is often overlooked due to the incredible stress and pressures that often come with a legal career, especially among young lawyers. If we've learned anything over these last two years of this pandemic and the subsequent isolation and disruption to traditional work-life balance, it's the paramount importance of our personal well-being.

I ask all of you to make time this week to look in the mirror and ask yourself what you are doing today to take better care of yourself. Are you setting aside time to work on your emotional and physical well-being? If not, what changes can you make today to ensure improvement in your self-care becomes a priority? Use your calendar to make time for yourself, even if it's just a half hour before or after work.

Personally, I find that my overall emotional health, focus, and energy levels benefit greatly from starting my day with physical exercise in the form of either a cardiovascular session or a strength training workout, and sometimes both. It energizes my mind and body and, while there are days when I would rather sleep in a little longer, I know without this practice my overall well-being suffers.

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At the end of the day, I feel it's critical to ensure I leave enough time in my schedule to focus on my family's needs, which can be easier said than done due to the pressures of our profession. Not to mention, my family has grown from a family of three to a family of five in the past two years. While I've been able to be there for my family without missing any momentous occasions, at times I do find myself distracted and feeling obligated to review and respond to emails or text messages. As I reflect on this, I am challenging myself to be more disciplined in not being distracted by work for at least a few hours every evening.

Making time for yourself is not easy. For most of us there is far more work than hours in the day. If you need additional motivation or a better way to hold yourself accountable for taking time for your own well-being, here are some ideas. First, I recommend reviewing the CBA Well-Being Pledge, which you can find at [ctbar.org/LawyerWell-BeingResources](https://ctbar.org/LawyerWell-BeingResources). Second, the Young Lawyers Executive Committee has its own challenge underway where Ex-

ecutive Committee members are participating in a fitness challenge each month for the remainder of the year. As part of this challenge we are tracking the time spent working out and submitting them as part of a friendly competition with winners and awards given monthly. You need not be a member of the Executive Committee to participate. If you are interested, please contact me or any of the Executive Committee members for more details.

As young lawyers, of course we need to hold each other accountable as developing professionals, but maybe we should also hold each other accountable for our overall well-being. Peer-to-peer support is important to success. If you need an accountability partner, please reach out to me and we will get you set up with one.

Lastly, I'd like to provide an update on the Executive Committee's goal of providing 1,000 plus hours of volunteer and pro bono services. I am happy to report that we have completed nearly 600 hours of service and we're well on our way to reaching our goal! If you are interested



in learning more about how you can get involved in volunteer and pro bono services, please join us for one of our monthly meetings or keep an eye out for upcoming events, such as our upcoming

Habitat for Humanity project. Details on that project will be circulated soon.

Your emotional and physical well-being are critical to your success in this often

stressful and high-pressure profession. Please know that the Young Lawyers Executive Committee is always available to support you in any way we can on our collective journey. ■

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