

Wellness Resources Page

The Vermont Commission on the Well-Being of the Legal Profession is pleased to offer this Wellness Resources Page as a resource to all members of the legal community, including lawyers, judges, law students, paralegals, legal assistants and court personnel. It is designed to be continually updated; please contact info@vtbar.org if you have any suggestions for additions. We appreciate your help with promoting well-being in our legal community!

General

[CWBLP State Action Plan](#)

[VT Lawyers Assistance Program](#)

[National Task Force on Lawyer Well-Being Report](#)

[HELP: Wellness and Well-Being Resources](#) (Mike Kennedy's Bar Counsel Blog)

[ABA Commission on Lawyer Assistance Programs](#)

Legal Employers

[Worksite Wellness Toolkit - VT DOH](#)

[Well-Being Toolkit for Lawyers and Legal Employers](#)

[Twelve Ideas - Law Office Wellness](#)

[Taking the Pledge - 7 Point Framework for Law Offices](#)

[Incentives for Workplace Wellness Programs](#)

Judicial Officers

National Helpline for Judges Helping Judges (1-800-219-6474)

[Judges Helping Judges: Resource Guide](#)

[A Wellness Guide for Judges](#)

[Warning Signs in the Courtroom: What They May Signify](#)

[Early Signs of Judicial Burn-out](#)

[Judges and Secondary Traumatic Distress](#)

[Judges and Isolation](#)

[CoLAP National Judicial Stress and Resilience Survey 2019](#)

Law Students

[The Clara Martin Center](#)

[How to Deal with Law School Stress](#)

[The Wellness Toolkit for Law School Students](#)

[Suffering in Silence: A Survey of Law Student Well-Being](#)

[Dealing with Bar Exam Stress and Anxiety](#)

Paralegals/Legal Assistants

[The Hidden Cost of Empathy: Secondary Trauma in Law Offices](#)

[The Paralegal Corner: Maintaining Your Personal Well-Being](#)

[The Paralegal Corner: Time-Out-It Isn't Just for Kids Anymore](#)

[A Paralegal's Guide to Work-Life Balance](#)

Secondary Trauma

[Secondary Traumatic Stress and Family Lawyers](#)

[Secondary or Vicarious Trauma: Court Personnel](#)

[Who's Taking Care of the Jurors - After Traumatic Trials](#)

[Secondary Traumatic Distress : Child-Serving Professionals](#)

COVID-19 Related Wellness

[Mental Health Resources - Coping with COVID-19](#)

[Coping with Coronavirus](#) (Bar Counsel Mike Kennedy Blog)

[COVID-19 and Emotional Well-Being](#)

[COVID-19: Awareness, Responses and Lawyer Workplace Plans](#)