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