



Pillars of Staying Healthy

ACC Northeast

September 10th, 2024

**We're FREE,
Confidential,
and *FOR YOU.***

WE HELP LAWYERS, LAW STUDENTS, AND OTHER LEGAL PROFESSIONALS.



Free and Confidential Consultations and Resources



OUR MISSION

is to promote well-being and resilience in the legal community, improve lives, nurture competence, and elevate the standing of the legal profession.

What Are The Pillars of Health?

- Physical
- Intellectual
- Emotional
- Social
- Spiritual
- Vocational
- Financial
- Environmental

(NIH: National Library of Medicine)

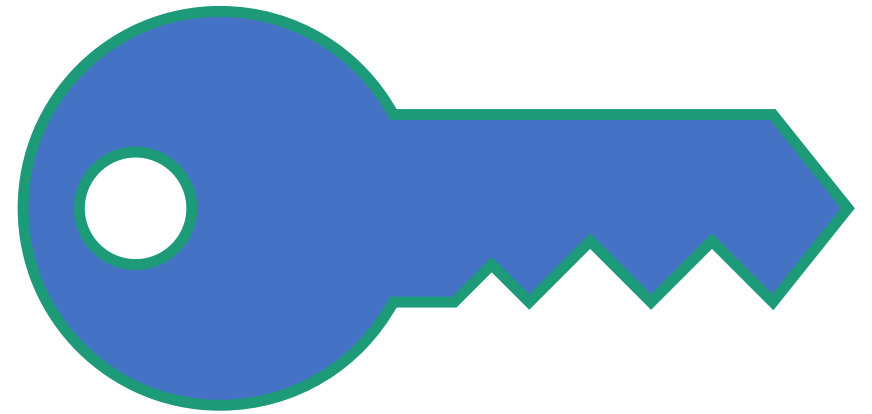


Not this. This is unrealistic.



And...
definitely
not this!

Awareness is the Key



Periodic Check- ins



How is this area of my health currently?



Has it improved or worsened recently?



How does it compare to a happier/healthier time in my life?



What are my options right now/in the near future to improve this area?



Do I need something different at this time in my life?



Who's on my team?



Physical

Sleep

Exercise/Movement

Nutrition

Awareness of your body

Regular check-ups with your doctor





Intellectual

- Lifelong learning
- Growth mindset
- Curiosity
- Teaching others

Emotional

Emotional
intelligence (EQ)

Managing your
emotions

Feeling positive
about your life

Social



- Maintaining healthy relationships/connections with others (across settings)
- Developing friendships/new relationships
- Caring about others and letting others care for you
- Contributing to your communities

Spiritual

Finding purpose, value, and meaning in life (with or without organized religion)

Participating in activities consistent with your beliefs and values

Being a part of something bigger than yourself (e.g., a religion, a community, your family, a movement or cause)

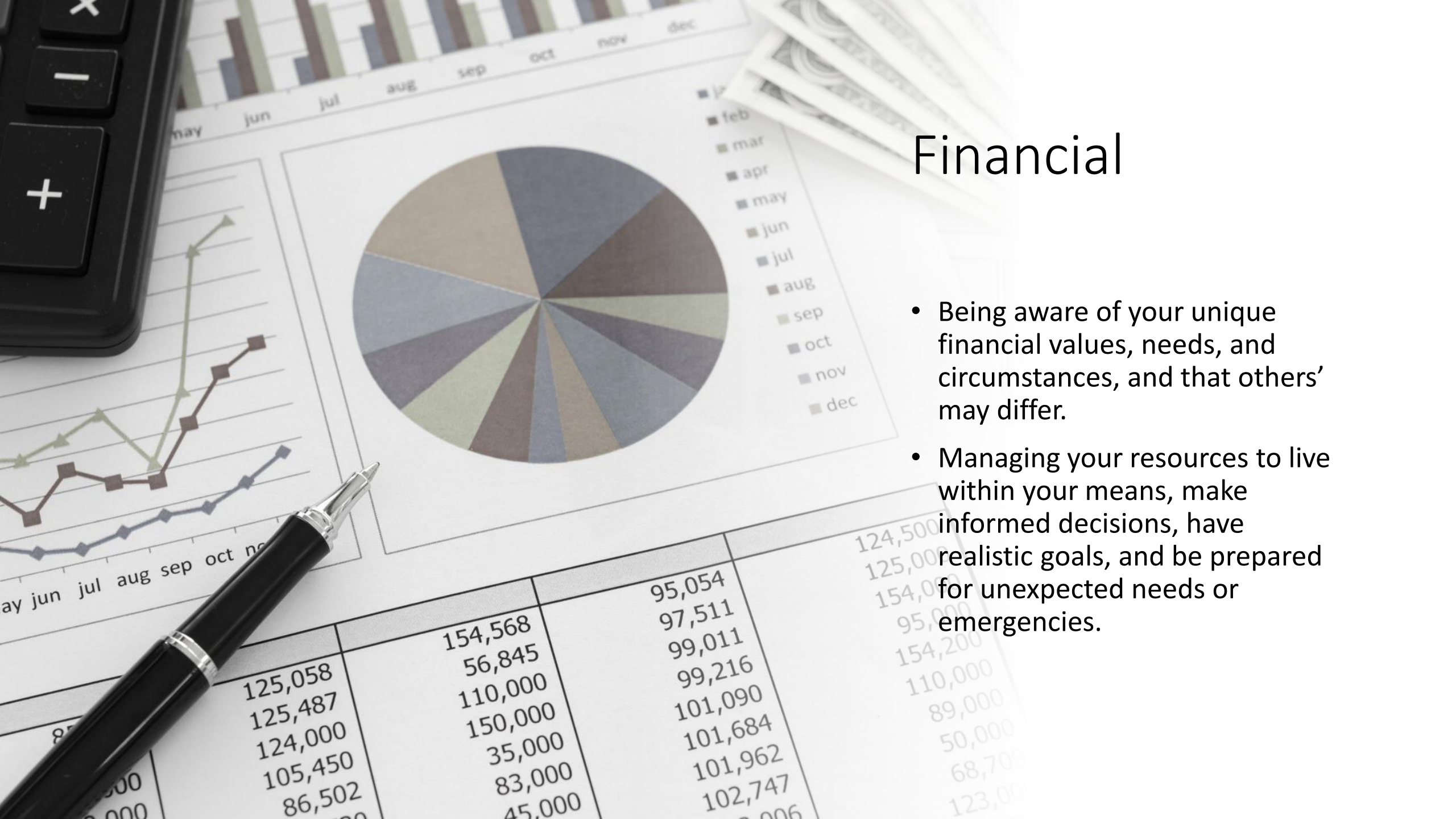
Vocational

Occupational pursuits/activities that provide satisfaction, personal enrichment, that is consistent with your values, goals, and lifestyle.

Contributing your unique gifts, skills, and talents to work in a meaningful and rewarding way.

Financial

- Being aware of your unique financial values, needs, and circumstances, and that others' may differ.
- Managing your resources to live within your means, make informed decisions, have realistic goals, and be prepared for unexpected needs or emergencies.



125,058	154,568	95,054
125,487	56,845	97,511
124,000	110,000	99,011
105,450	150,000	99,216
86,502	35,000	101,090
	83,000	101,684
	45,000	101,962
		102,747



Environmental

Appreciate how your social, natural, and constructed environments affect your health and well-being.

Have a Customized Approach

What others recommend or do might give you ideas for what some options are, but...

Develop an approach that works for you and re-evaluate it regularly.





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Thank you!

www.lclma.org

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