Attorney Self-Care

Why Taking Care of Ourselves Could Be the Key to Success

Resource List – Maggie Murphy

Studies and Articles

A Qualitative Examination of Self Care in Lawyers:

<http://www.thejuryexpert.com/2014/11/a-qualitative-examination-of-self-care-in-lawyers/>

Mental Health and Lawyers:

<https://abovethelaw.com/2016/02/can-we-finally-talk-about-the-elephant-in-the-room-mental-health-of-lawyers/>

The Lawyer, the Addict:

<https://www.nytimes.com/2017/07/15/business/lawyers-addiction-mental-health.html>

All the Ways Sleep Affects Your Happiness in One Chart:

<https://www.huffingtonpost.com/entry/all-the-ways-sleep-affects-your-happiness-in-one-char_us_55ae4d55e4b07af29d564a29>

Recommended Books and Apps

Books:

*The Miracle Morning* – by Hal Elrod (with corresponding apps, downloadable resources for “Life S.A.V.E.R.S.” and links to various communities on Facebook and MeetUp).

*The Secret* – by Rhonda Byrne (the Law of Attraction)

*Thrive –* by Arianna Huffington

Apps:

“Insight Timer” – free guided meditations ranging from 1 minute to 60 minutes, including music, talks, and other resources for getting started with meditation and building a routine

“Calm” – has a membership option but several free guided meditations, sleep stories to help you fall asleep, soothing sounds and music, breathing exercises

YouTube:

Anthony Robbins – A Habit of Positive Thinking:

<https://www.youtube.com/watch?v=ZB6yxZ5w1j8>

Anthony Robbins – Morning Priming Routine (guided visualization)

<https://www.youtube.com/watch?v=EXbUFgqjMdk>

Affirmations for Positive Thinking – by Positively Brainwashed

<https://www.youtube.com/watch?v=ovP41rERKDQ>