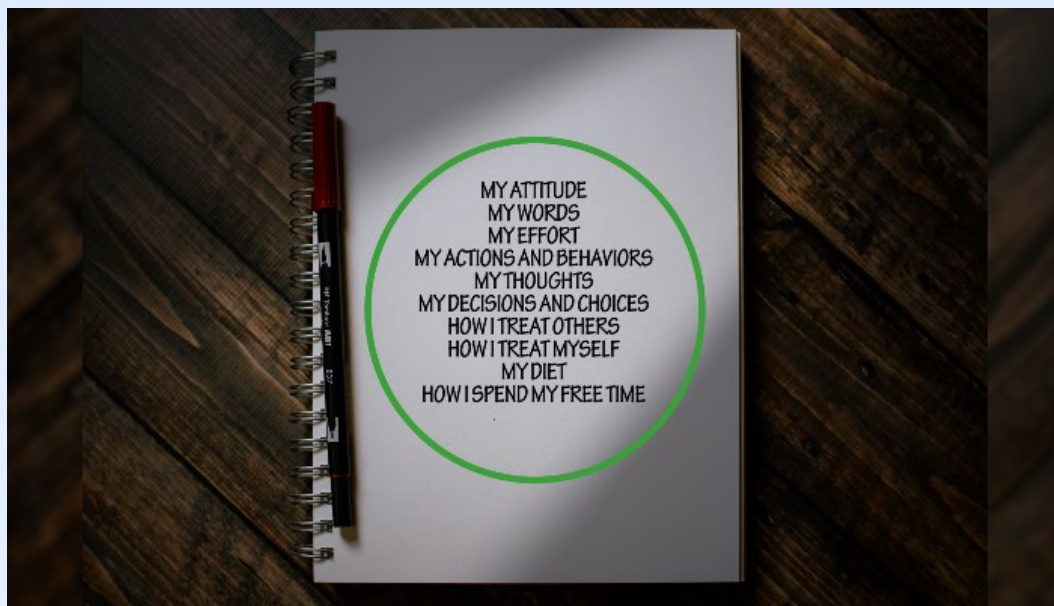
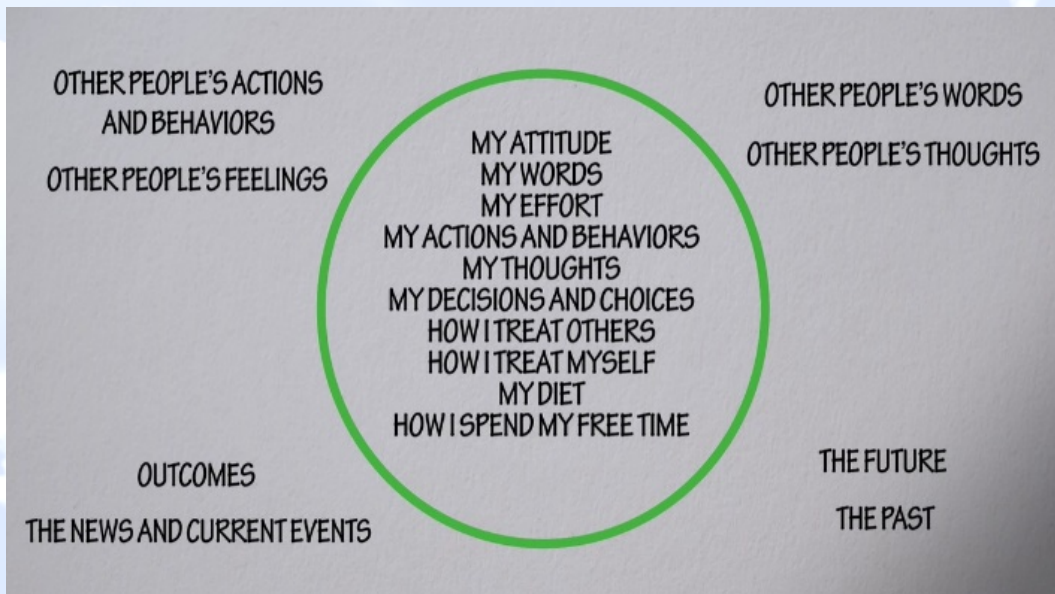


## Taking care of yourself and addressing judicial isolation

The legal profession is one of the most isolating careers and judges are even more isolated than most practitioners in the law. This list of suggestion comes from a Webinar that can be viewed on the CJA's Mindfulness and Wellness website, [Mindfulness and Wellness \(caljudges.org\)](http://caljudges.org). The wisdom provided below comes from Patrick Krill's presentation of March 16, 2021.

1. Acknowledge when you are having a difficult time. Allowing yourself to acknowledge the issue helps us to identify what is going on and how to address it.
2. Identify what you can control and what you cannot. Please see the graphics below. Doing this will allow you to have a greater sense of control and identify what you can let go.



3. Think QTIP – “quit taking things personally”. We do not know what others are dealing with and not taking things personally can free us from unnecessary concerns and worries.
4. Be present, be in the moment if you can. (See the dog below.)
5. Practice gratitude every day. You can start your day writing in a gratitude journal. Cycle through and write about something new if you can every day. Express gratitude to others for their contributions since even small expressions of gratitude and even for small acts can go a long way.
6. Practice upwardly positive emotions by smiling and being positive.
7. Go out of your way to connect. Create a sense of belonging by organizing events or space where you can be with others, celebrate with others, and connect with others. Take responsibility for planning a gathering.
8. Get out or get physical. Getting out into nature or exercising can be so helpful.
9. Eat food that is healthy for your body and brain.
10. Read books or listen to audiobooks or listen to music.
11. Engage in hobbies. The creative cycle can be healing and freeing.
12. Reach out to professionals for support and therapy if you feel the need.

