

# YOUNG LAWYERS

BY COLTON LORETZ, ESQ.



## Nevada Young Lawyers are Helping to Ensure you are #Fit2Practice!

*YLS's Implementation of the new ABA #Fit2Practice Health & Wellness Initiative in Nevada*

As lawyers, we are constantly solving problems for others, but unfortunately we do not always have the answers to our own internal questions. The Young Lawyers Section (YLS) has recently taken on the task of rolling out a new ABA-developed program aptly named #Fit2Practice: a health and wellness initiative aimed at recognizing and providing ways to improve the challenges young attorneys face in establishing and maintaining healthy lifestyles while practicing law. The program also aims to reduce the stigmas associated with seeking help for coping with high stress, substance abuse and mental health issues.

Our goal is to work with pre-existing lawyer assistance programs to help spread the word about the tools that young lawyers may need when facing challenges as they grow in their respective practice areas. YLS is planning to provide creative and fun events such as exercise classes to help young lawyers take a step back from their daily routines while simultaneously improving mental and physical health through not only the exercise itself but also the social comradery that comes along with the events. Young lawyers are thrown into the thick of things right out of law school, often without the necessary

tools for a healthy lifestyle. In dealing with the high stresses of their respective practices, young lawyers often regard their own problems and well-being as being secondarily important, instead resorting to temporary, “feel good” coping mechanisms such as substances or pushing issues off until later.

It is paramount to the success of our legal community to maintain the well-being of our colleagues, *and ourselves*, while striving to achieve the utmost level of representation for our clients. Unfortunately, as we all hear over and over, lawyers are prone to high rates of stress, substance abuse, divorce and depression, or even a combination. With #Fit2Practice, YLS will be proactive in raising awareness of current health and wellness initiatives of the State Bar of Nevada. One such initiative is Lawyers Concerned for Lawyers, which provides peer mentorship for young lawyers struggling with the stresses of practicing law and offers three free, *confidential* therapy sessions to lawyers during stressful situations such as divorce, depression, death of a loved one or a traumatic case. #Fit2Practice is another means of emphasizing that it is critical to realize that we, as young lawyers, do not have to overcome these stressful situations on our own.

YLS is rolling out this program in hopes to further provide effective health and wellness information to young lawyers who can greatly benefit from small tweaks in their lifestyles, which in turn can improve one’s overall well-being. The ABA’s initiative currently provides online daily stretching tips, discussion on legal stress and importance

of a healthy sleeping schedule, tools for dealing with stressful situations and how to avoid burnout, and mechanisms in the workplace to become a better you. YLS will incorporate all of these things into our local initiative. Our clients, family and friends depend on our well-being; *we* depend on our well-being. Why should we not depend on each other to achieve goals to maintain a healthy lifestyle?

Please look for more information in the coming months regarding YLS’s roll out of #Fit2Practice and local events in northern and southern Nevada for you, as young lawyers, to attend for assistance in recognizing changes you can make to facilitate healthier lifestyles. We currently have plans to schedule exercise activities such as yoga, cycling and other fun and effective meetups for young lawyers to take a break from their stressful tasks in order to improve both their physical and mental health. We look forward to seeing you soon at some of our events, and do not hesitate to reach out if you would like to provide any thoughts on creative events that we could organize.

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