

## Building Your Resources

Preventing, mitigating, and recovering from the side-effects of an intense work period requires well established social, physical, emotional, and intellectual resources. Most individuals do not have the awareness or time to invest in developing these crucial resources during a high stress period. Identifying and establishing these resources in advance is critical to your ability to tap into them when you need them most.

This worksheet is built to help you identify these resources. It is a guide designed to transform into a customized thoughtful list to refer to and build on. For each category in the table below (continued on back), thoughtfully identify both established resources and those to be built. This is your go-to working list for preventing, mitigating, and recovering from the side-effects of high stress periods. Use it both as a guide to identify and establish your resources, and as a reminder of what you can do when you need to bolster yourself in the face of high stress periods.

**Social**: Social resources consist of interpersonal connections. Studies have found that social connection is a significant predictor of how well an individual does under periods of stress. Resources in this category may be family, friends, and/or colleagues. The critical factor are that they be individuals whom you can trust, rely on, and have fun with.

- (example: I regularly enjoy time with and share the details of my life with ....)
- (example: I feel like myself when I am with ...)
- (example: I can count on ... to vent to.)
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**Physical**: Physical resources consist of anything that takes care of your physical person. This includes being up to date with your annual physical, vision, dental, and other check-ups. It also includes scheduled and realistic physical activity, and basic personal care such as showering, eating nutritious food, and brushing your teeth.

- (example: I have my annual check-up on ...)
- (example: I sleep/feel better when I run 2 times per week.)
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**Emotional**: Emotional resources consist of your internal tools for coping with stress. Studies have found that individuals who are aware of stress-inducing thought patterns are better equipped to succeed under stress. Resources in this category can include mindfulness practice, thought tracking, and other awareness raising tools.

- (example: thought tracking)
- (example: journaling)
- (example: psychotherapy)
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**Intellectual**: Intellectual resources are those that help you feel more confident in your abilities. They include building skills in your practice area as well as deepening your knowledge in areas outside the law, such as a hobby. Studies have found that developing a sense of competence or “mastery” in work and/or a hobby both significantly increases the likelihood of satisfaction in one’s career and increases an individual’s resilience.

- (example: I am scheduled to attend X CLE courses.)
- (example: I read X blog to learn more about my hobby.)
- (example: I cook/practice X hobby because I enjoy it.)
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\*\*\***Note**: It is very likely that you will want to resist this exercise. “Why write down the obvious?” You write this down for the same reasons you outline your research or have notes for a presentation – it organizes what you have in your brain in a way that is easy to refer to and build on when needed. This worksheet is a preparation tool. It prepares you to reduce the side-effects of high stress periods. As an added bonus, acting on the items on your lists mitigates and helps you to recovery faster from already existing stress.