



Self care for Family Lawyers



5 Domains of self care for Family Lawyers

1 Prioritise the basics

Judgment, emotional control, and accuracy depend on sleep, physical movement, and downtime. Chronic fatigue and constant mental engagement quietly impair decision-making.

Would you advise a client to make big decisions while sleep-deprived and depleted?

2 Psychological Detachment from work is a recovery skill

Regularly switching off from files, emails and case thinking outside work hours is one of the strongest predictors of reduced stress and sustained functioning.

Are you checking work emails after hours out of necessity or habit?

3 Boundaries matter

Emotional boundaries and time boundaries reduce cumulative stress. Supporting distressed clients does not require carrying their emotions. A poor court appearance does not define your self-worth.

Are you supporting your clients' distress, or absorbing responsibility for it?

4 Small pauses prevent stress from compounding

Consistent practices during the workday are self-protective movement. Eat (away from your desk), hydrate, and take a pause before responding to challenging emails. These strategies all interrupt stress build-up and protect concentration and judgment.

What would change if you paused and had a lunch break?

5 Early action prevents burnout and attrition

Irritability, emotional blunting, poor sleep or withdrawal are early warning signs. Responding early reduces the risk of burnout and helps lawyers remain effective and in the profession.

If these signs appeared in a colleague, would you tell them to work harder or seek professional support?

Want to learn more?

LSC Psychology can provide supervision for lawyers to manage stress, burnout, and vicarious trauma. Regular supervision allows for prevention of burnout, and provides space to prioritise self-care. Supervision is a space to reflect on your work, consider the impact it is having on you more broadly, and put in place strategies to ensure your overall wellbeing and your work satisfaction.

Contact

admin@lscpsych.com.au to book in a supervision session with one of our expert psychologists and see the difference it can make!



For more info, visit lscpsych.com.au, email admin@lscpsych.com.au, or call (02) 8205 7877