

CLIA Wellness Toolkit Launch

As noted by the Federation of Law Societies of Canada, “legal professionals are at higher risk of experiencing stress, anxiety, depression and substance use than are other professionals”. Many professional liability claims also result from wellness issues. As such, the Canadian Lawyers Insurance Association (CLIA) recognizes the importance of promoting wellness for the profession.

To help, CLIA has compiled numerous wellness resources into an online [Wellness Toolkit](#). The focus of the Toolkit is based on the findings of the [National Study on the Health and Wellness Determinants of Legal Professionals in Canada](#) prepared by the Federation of Law Societies of Canada, the Canadian Bar Association and the Université de Sherbrooke.

The CLIA online Wellness Toolkit houses resources to assist you in detecting warning signs in yourself and others, provide more information for those in higher-risk groups, and tools to deal with risks specific to the legal profession. Topics and subtopics include:

- Detecting Warning Signs/Self-Assessment
 - Self-Assessment
 - Detecting Warning Signs in Others
- Resources for Dealing with Specific Risks
 - Compassion Fatigue
 - Secondary Stress/Vicarious Trauma
 - Technostress
 - Violence/incivility
 - Work-Life Imbalance
- Barriers to Seeking Help
 - Reducing Stigma/Personal Stories
 - Asking for Help
- Resources to Assist with Specific Wellness Issues
 - Addiction
 - Anxiety
 - Burnout
 - Depression
- Developing Skills to Preserve Health

- Adopting Healthy Lifestyles
 - Assertiveness/Setting Boundaries
 - Emotional Intelligence
 - Psychological Detachment
 - Resilience
- Resources for Specific Groups
 - Articling/New Lawyer
 - Disability
 - Indigenous
 - LGBTQ2S+
 - Senior/Retiree
 - Women
- Resources for Employers
- Help By Jurisdiction