

# Building Resilience from Trauma in the Legal Profession

Resource Listing (March 9, 2022)

[Scheduling an Appointment | Lawyers Concerned for Lawyers MA \(lclma.org\)](#)

[Find A Therapist of Color | InnoPsych](#)

[Blog | InnoPsych](#)

[2022 Massachusetts Lawyer Well-Being Survey | Lawyers Concerned for Lawyers MA \(lclma.org\)](#)

[Survey: Workplace Emotional Wellbeing Among Employees of Color \(InnoPsych\)](#)

[4 Guided Practices for Self-Compassion in the Legal Profession \[Videos with transcript\] - Lawyers Concerned for Lawyers MA](#)

[The Power of Your Breath: 2 Short Practices to Utilize for Well-Being in the Legal Profession \[Videos with transcript\] - Lawyers Concerned for Lawyers MA](#)

[Deep Breathing How-To & Tips \(Lawyer Wellness Program\)](#)

[Self-Compassion Phrases & Resources \(Lawyer Wellness Program\)](#)

[Gratitude Journal How-To & Template \(Lawyer Wellness Program\)](#)

[Tips to Develop Resilience in the Legal Profession - Lawyers Concerned for Lawyers | MA \(lclma.org\)](#)

[The Mind-Heart Connection: What Lawyers Need to Know to Maintain Heart Health & Mental Well-Being \[Webinars for Busy Lawyers\] - Lawyers Concerned for Lawyers | MA \(lclma.org\)](#)

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies: Menakem, Resmaa: 9781942094470: Amazon.com: Books](#)