



Colorado
Judicial Well-Being

Judicial Well-Being & COVID

As members of the Colorado Judiciary, we have a unique opportunity to come together to support our colleagues, staff, and communities through these challenging times. In order to do this well, it is more necessary than ever for us to remain focused on our own path to well-being and resilience. Visit the Judicial Well-Being website [here](#) for more resources and tips!

Stay connected, stay creative, and stay well!

Movement

Remember to stand up and move during the day. Grab water or do a quick lap around your home. Try to designate times to get outside. Walking and other exercise helps our bodies process stress and reduces anxiety.

Breaks

Either schedule one or two long breaks, or multiple shorter breaks. Breaks can increase focus and help you problem solve.

Work Time

Try to set a time to finish working and physically put away your work. Schedule something fun like a call with friends at quitting time. Keep your weekends or “off” time separate and sacred.

Hope & Humor

Use humor and other healthy coping mechanisms. Find something to be grateful for when struggling. Reflect on what you’re prioritizing, what gives you hope, and what is still fun.

Media Access

Try not to mindlessly scroll and set limits for how long, what sources, and what time of day you are going to check news and social media.

Compassion

Remember that people are struggling and for the most part, doing their best. Remember to use self-compassion and give yourself the same breaks and grace you give others.

Routines

Try to keep a schedule and designate work and relaxation time. Continue to do things like asking family members how their day was (even if you were together all day) and what was challenging or successful about the day.

Mindfulness

Watch for warning signs that you are overwhelmed. Pause and breathe, go on a quick walk outside, or try other new mindfulness techniques. Limit multitasking and try to focus on one thing. Consider what is in your control and what is not.

Support

Make social connections for at least 30 minutes each day. Keep in touch with your coworkers and supervisors. Contact COLAP for free, confidential support and assistance for yourself, your family, your staff or your colleague:
www.coloradolap.org / 303-986-3345

** Special thanks to the Boulder County District Attorney’s Office for their partnership and collaboration on the content of this publication.*