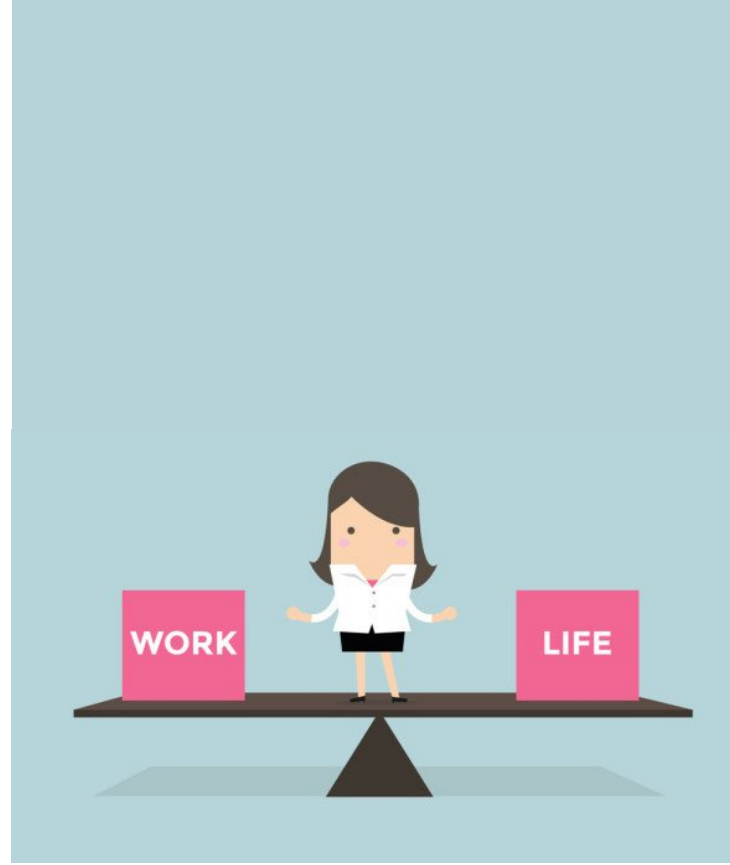


Attorneys Balancing Work and Social life

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With a difficult career, how can one find balance?

Balancing any type of work-life and social life can be complicated. Attorneys, in particular, must maneuver these respective challenges under a unique pressure. They are ranked second on a list of most sleep-deprived occupations and are also listed as a career that has disastrous effects on your social life. Lawyers are already dealing with the stress they receive from their respective firms and hefty cases. Finding a balance between these worlds is just the cherry on top. So, how do attorneys manage work, family, and social life? The same way you walk across a tightrope without falling: you keep the center of gravity above the rope. In this case, the rope is holding social and work life on each side, while gravity represents prioritization and time management. Keeping track of work hours, acknowledging that there needs to be balance, engaging in self-care, and utilizing technology can also help you find a balance.

With smartphones and recent technology, it's become easier to keep track of time. Speaking of technology, it is important to utilize the time spent on technology. (Yes, that means not spending hours scrolling through Tik Tok.) Self-care is another essential factor; it's not just a trend. It's necessary to provide yourself a "mini-break" or even a vacation. Nothing helps more than refreshing your mind. A Dallas Transactional Partner, Michael Considine, claimed that even on his busiest days, he would "step back and go for a walk or exercise."

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This method also increases productivity in the long run. New York Restructuring Associate, Prentis Robinson III, once said that "through [their] relationships with mentors and others at the firm, [they're] realizing that work-life balance is something that all of us are working on." This further supports that without balance there will be a decrease in your work productivity and dent in your social life. Another factor that will help your decision-making is how much of your social life you are willing to give up. Comparing the types of firms (corporate and boutique firms) can help you decide from the beginning stage.

So, in the end, what actually helps you balance work, family, and social life is what motivates you in life. So ask yourself, what motivates you? What wakes you up in the morning? Is it helping your clients? Socializing and taking care of your family? Or a little bit of both?

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