



# New Lawyers' Update

Amanda Faulkner

Being a new lawyer involves a whole host of challenges you didn't have when you were a student. There are new deadlines, a full work-week, firm lunches, stress, constant birthday cake in the kitchen, a lot of social opportunities, priorities being questioned, and a new daily activity of sitting at a desk for hours at a time. Most of us like to think these don't affect us but it is physiologically impossible for them not to, unless you came into the legal world ahead of the game, with an extraordinarily future-plotted map that takes into account all the scheduling changes you endure as a junior.

We have to remind ourselves that it's important – wait -- that's not emphatic enough, REALLY important to take care of our health and create healthy habits early in our career, or suffer the consequences later. Most of us suffer the consequences now, even those who have tried really hard to create a healthy living map and adhere to it and that's because our lives are unpredictable. You don't know as a new lawyer, if you're going to be on your way to the gym when you get stopped and asked to draft a motion brief, or if you plan on eating a salad at lunch and instead are asked to come for a client lunch where or-

dering a salad just isn't feasible (or something you'd want to do. Let's face it – you don't make friends with salad and they don't exactly 'tide you over' for the rest of the day.) You may be assisting a trial, arbitration, sitting in assignment court, given a number of contracts to review, or be under a deadline for a real estate transaction and you can't always make the healthy decision. That's just a known and inevitable aspect of what we do.

So, I'd like to suggest you try to maintain a balance of healthy living with your professional life and the portion that is out of your control. I suggest trying meal-prep on Sundays but only pack four lunches because chances are you're going to go out for one. Learn how to do overnight oatmeal or egg muffins or smoothies that you can grab on your way out the front door so you get to the office before your boss makes his round. If you're short on time, eating a healthy breakfast at your desk isn't ideal but it's better than grabbing a bagel everyday on your way. Make lunches that come with snacks so at 3pm when you feel like you want to take a nap you can just grab an apple with hummus or a Greek yogurt (or the new PC Skyr yogurt – that stuff is amazing). Keep a bag of almonds at your desk but don't overdo it – a serving size is 8 almonds and no one has ever, in the history of the world, eaten only 8 almonds. Also, I'd like think they're still healthy if covered in chocolate but that's an argument for another day. Stay hydrated. Curb your coffee consumption (or don't. I've never been able to stick to this). Skip the afternoon pop and ignore the sound of

The Hamilton Law Association & **The New Lawyers' Subcommittee** present a



**MEET 'N' EAT**

**Wednesday, August 24**  
**12:30 pm to 2:00 pm**  
**The HLA Library**  
**John Sopinka Courthouse**  
**45 Main Street East, Suite 500**

- Pizza Lunch
- Networking Opportunity
- Ted Talks Video

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a can opening outside your office although it sounds like an angel's song. Grocery shop on Sunday with your dinners in mind. There are a lot of amazing options for groceries in Hamilton and we have access to a lot of great fish, poultry, veggies, and fruit here in Ontario so take advantage of it.

These are all tips that everyone has heard before but the internet makes it really easy for anyone who wants to plan healthy meals. Check out Instagram, Pinterest, or even Facebook for inspiration. If you're willing to dedicate two hours on a Sunday to make your breakfasts, lunches, and snacks you'll save a ton of time during the week, eat healthier, and reduce your expenses.

That being said, eating properly isn't the only way to be healthy, although it's a huge piece. You need to be active and figure out a schedule that allows you to break a sweat. Trust me, you'll feel so much better once you do and your work will benefit because of it. Have you considered a standing desk? There's a lot of new information out there that blasts the work culture of sitting. IKEA has an affordable standing desk that can make a big difference in your posture, core muscles, and energy levels (there will be no physical slump). Does your office offer gym subsidies? Take advantage of them. Downtown Hamilton there's the Y, the Jackson Square Goodlife, and a lot of yoga spots popping up everywhere. Figure out what works for you. Personally, I know I don't have the energy after putting in 10 hours at work to go to the gym, so

I go in the morning. I can be home, shower, get ready, grab my pre-made breakfast/lunch and be at the office by 8:30am most days. That's awesome and it works for me. Find something that works for you.

When you're new and young you want to show that you're dedicated to your work and your office and that's totally fine. You should be dedicated. However, you also need to invest time in yourself in order to be able to continue at the level you're now expected to work. It's a fact that if you make good food choices and stay active you'll be a better worker who lasts longer.

Take care of yourselves. It's really important. ■

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## Family Law Matters



The Hon.  
**David Steinberg**

Mediation,  
Arbitration and  
pre-trial settlement  
conferences.



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The HLA's **New Lawyers' Subcommittee** presents the ..

## NEW LAWYERS' SEMINAR

**Thursday, September 8th, 2016**  
HLA Library & 7th Floor Jurors' Lounge  
10:00 am—5:00 pm



- ★ Library Tour & Research Tips
- ★ Practice Management Guidelines Workshop
- ★ Networking Lunch
- ★ Tips and Tricks for Lawyers & Articling Students new to Hamilton
- ★ Welcome from the Bench

PRICING <small>(includes HST)</small>	
Category	Price
Articling Student	\$95
HLA Member	\$105
Non-HLA Member	\$125

Questions and RSVPs can be sent to Pamela Argue at:  
[pargue@hamiltonlaw.on.ca](mailto:pargue@hamiltonlaw.on.ca) or (905)522-1563