

# RESOLUTIONS for the NEW YEAR



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**IN NOVEMBER, WE WELCOMED 2,308 NEW LAWYERS TO THE PRACTICE OF LAW IN TEXAS.**

As I sat through this year's swearing-in ceremony, I was struck by the amount of time that had passed since the start of my law career, and I began to reflect on the challenges I have faced. Unfortunately, these obstacles have only increased with a declining job market, rising billable hours, and the constant struggle to balance work and life. As we begin a new and challenging year, I offer a few ideas to help deal with what you will face in the coming year.

**Get Involved** — One of the most rewarding things I have done in my practice is getting involved with my local and State Bar associations. Through your involvement in these organizations, you will find mentors who will guide and support you throughout your career, opportunities to network for jobs, clients, referral sources, and you will have fun. All you have to do is sign up!

**Take Control of Your Health** — Your health is your most precious asset. As lawyers we have high levels of stress, work long hours, deal with unhappy people and situations, and are usually reluctant to reach out for help. All of these factors have huge effects on our physical and mental health. Without your health, you have nothing. So, find ways to stay active, eat healthy, go to the doctor, and if you are suffering with something, tell someone.

**Take Advantage of Programs Offered by TYLA and the State Bar** — TYLA and the State Bar have numerous programs designed to help you with issues you face in your practice. TYLA has programs such as *Ten Minute Mentor*, *Office in a Flash*, and *Breaking the Silence* that provide mentorship on the practice of law, guidance on how to set up your own law practice, and supply you with resources if you are struggling with mental or physical disabilities or addictions. To find these programs, go to [tyla.org](http://tyla.org).

The State Bar has programs such as the Texas Lawyers' Assistance Program, which provides confidential counseling and referrals for anyone struggling with substance abuse or mental health issues. The State Bar also has a job posting bank, an ethics hotline, and resources to help you find a job, get answers to ethical issues, and provide you with free legal research. You can also find numerous CLE programs offered by the State Bar on topics that will help guide and educate you on almost any subject. To find these programs, go to [texasbar.com](http://texasbar.com).

**Help Someone** — One of the best feelings you will ever have is helping someone in need. So, if you are stressed with work, battling the blues, or just need a break, you should consider taking a pro bono case. Taking a pro bono case is the easiest way to put your issues in perspective. Once you see what others are struggling with, your issues will pale in comparison.

**KRISTY PIAZZA BLANCHARD**

President-elect, *Texas Young Lawyers Association*