



Quiz

Reducing stress in the legal profession

1. What is the best solution to improve mental wellbeing in a law firm?
 - a. Have an in-house psychologist
 - b. Arrange a monthly well-being seminar
 - c. Give all staff complimentary therapies
 - d. A variety of options needs to be made available
2. What percentage of lawyers leave their firms within the first 5 years?
 - a. 57%
 - b. 47%
 - c. 27%
 - d. 17%
3. What is wellbeing?
 - a. The ability to ignore the mental anxieties your job may cause you
 - b. The ability to thrive in several different domains of your life
 - c. A knowledge of deep meditation which is applied to all areas of your life
 - d. A tool which is used to achieve resilience

4. Which of the following is a domain of resilience?
- a. Grounded optimism
 - b. Staying in your own values and integrity
 - c. Connection to others
 - d. All of the above
5. Which of the following is a barrier to wellbeing in legal firms?
- a. The need to show the business case for wellbeing
 - b. The need to make a clear path to implement positive changes
 - c. The need to integrate wellbeing into the firm and not merely have it as an additon
 - d. All of the above

Answers:

1. d 2. a 3. b 4. d 5. d