Wellness

Wellness Links

EARLY WARNINGS SIGNS OF JUDICAL BURNOUT [1]

HELPING JUDGES IN DISTRESS [2]

ISOLATION IN THE JUDICAL CAREER [3]

SPECIAL ISSUES REGARDING RURAL JUDGES AND THE KEY ROLE OF THE JUDGES' FAMILY [4]

STRESS MANAGEMENT TIPS FOR JUDGES [5]

THE JUDICAL FAMILY HANDBOOK [6]

TIPS FOR APPROACHING A COLLEAGUE IN NEED [7]

TIPS FOR SLEEPING WELL [8]

Source URL: https://isc.idaho.gov/hr-employee/wellness

Links

- [1] https://isc.idaho.gov/../sites/default/files/hr-employee/Early Warning Signs-Zimmerman.doc
- [2] https://isc.idaho.gov/../sites/default/files/hr-employee/Helping Judges in Distress-Zimmerman.pdf
- [3] https://isc.idaho.gov/../sites/default/files/hr-employee/Judicial Isolation-Zimmerman.pdf
- [4] https://isc.idaho.gov/../sites/default/files/hr-



employee/Special_Issues_Regarding_Rural_Judges_And_The_Role_Of_Family.doc

- [5] https://isc.idaho.gov/../sites/default/files/hr-employee/Stress Management Tips For Judges.doc
- [6] https://isc.idaho.gov/../sites/default/files/hr-employee/The_Judicial_Family_Handbook.pdf
- [7] https://isc.idaho.gov/../sites/default/files/hr-
- employee/Tips_for_Approaching_a_Troubled_or_Impaired_Colleague.doc
- [8] https://isc.idaho.gov/../sites/default/files/hr-employee/Tips_for_Sleeping_Well.doc