



THE OBA LAWYER'S PLEDGE FOR WORKING FROM HOME

With video chats and online meetings commanding a lot of lawyers' time these days, the Ontario Bar Association offers this pledge to help you maintain balance and wellness in your day.

When I am working from home, I pledge to...

Take care of myself

I will take stretch breaks

I will drink water and eat healthily

I will step outside

I will aim for 6-8 hours of sleep

I will take advantage of the OBA's many wellness services for lawyers, including the free programming available through the [OBA Mindful Lawyer CPD Series](#)

Stay connected to my profession

I will frequently check in on people

I will reach out to the OBA if there's something I need help with

I will take advantage of the many social connections available through the OBA, such as dropping in on a [virtual coffee chat](#), joining a [practice-specific Section](#), getting involved in [mentorship](#), or finding a [professional development or social event](#) that meets my interests.

Set and respect boundaries

I will schedule non-camera time in my day

I will schedule breaks in my day and commit to them

I will dedicate specific times in my day to spend with loved ones, to work, to socialize and to rest

Be kind, empathetic and understanding

I will respect that everyone is experiencing their own challenges right now

I will respect other people's "off-hours"

I will forgive myself easily if I don't make it through my entire "To Do" list

I will welcome people's children and pets onto video calls

