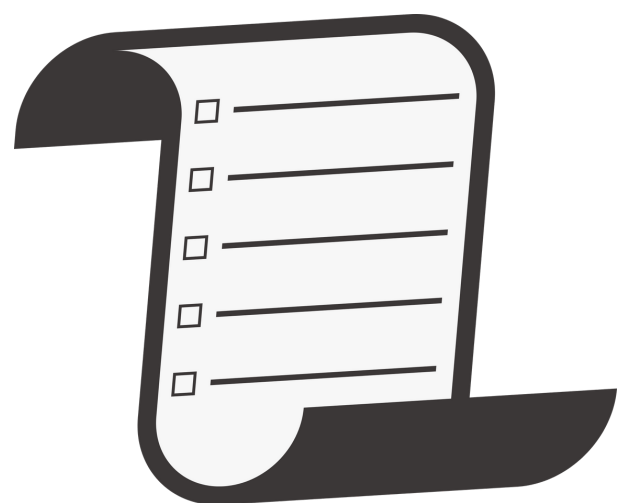


Self-care for the arbitrator's brain

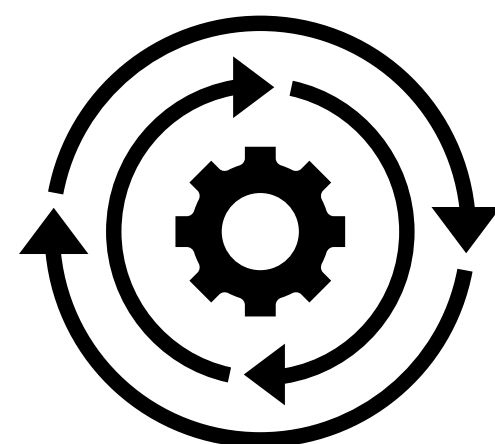
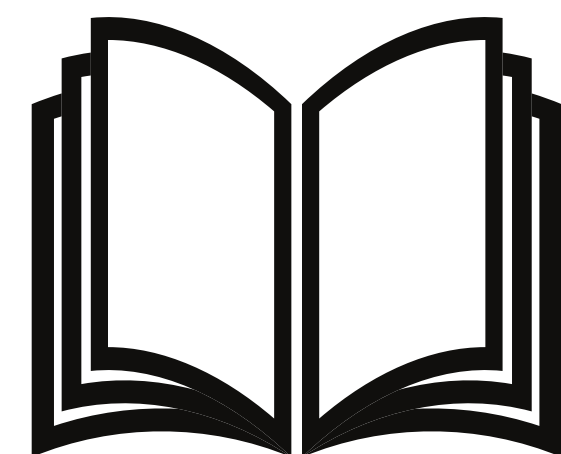
Offload

Reduce the amount of information you have to hold in working memory by offloading it to checklists, templates, scripts, etc.



Learn

The more familiar you are with the law you have to apply, the easier it will be to deal with cases efficiently and appropriately.



Routinize

Habits and routines cut down on unnecessary decisions and reduce the likelihood you'll forget to do something important.

Gather

Before you begin a task, gather all the things you'll need to complete it. If you're writing a decision, make sure you have all the documents and information you plan to rely on before you start.



Protect

Schedule time to complete tasks (in work and in life) and make that time non-negotiable.

Rest

Our brains need sleep to function properly. Caffeine isn't a substitute. Plan your time so you have regular nights, days, and weeks off.

Take pride

You are essential workers on the front lines of providing access to justice and protecting the rule of law. Take pride in the vital work that you do, and embrace that some degree of unpredictability is part of the job.

