

One in Three Lawyers Object to Workplace Stress

54 Per Cent of Canadian Lawyers Say Exercise is Best Stress Buster

Toronto, ON — Helping legal professionals diminish job-related stress and improve work-life balance may be an employer's most effective retention strategy, a new survey indicates. One-third of Canadian lawyers (33 per cent) interviewed by Robert Half Legal cited reduced stress levels as the one aspect of their job they would change.

The survey points to the importance of personal time to balance the pressures of legal work. More than half of lawyers (54 per cent) said physical exercise is the best technique to alleviate stress. Taking a break ranked second, at 21 per cent. These findings about work-related stress correlate with Robert Half's [Work Happy research](#), in which legal professionals reported the highest stress levels among professional fields surveyed.

Lawyers were asked, **"If you could change one aspect of your job as a lawyer, which one of the following would it be?"** Their responses:

Decreased job stress	33%
Accelerated career growth	23%
Less hours at work or more personal time	18%
Greater professional autonomy	10%
Increase in compensation	3%
Something else	9%
Would not change anything	1%
Don't know/no answer	<u>3%</u>
	100%

Lawyers were also asked, **"Which one of the following activities is most effective for reducing job-related stress?"** Their responses:

Getting physical exercise	54%
Taking a break	21%
Playing music	9%
Talking to a family member or friend	9%
Something else	6%
Don't know/no answer	<u>1%</u>
	100%

“Unrelenting job stress and long hours can lead to staff attrition and productivity declines,” said Jamy Sullivan, executive director of Robert Half Legal. “To address these issues and retain key talent, legal employers are offering flexible schedules, telecommuting and remote work options, as well as additional vacation days.

Sullivan added that many legal organizations also are enhancing on-site perks to help employees better balance work and personal demands, including subsidized gym memberships, back-up childcare, parking benefits and cafeteria meal plans.

About the survey

The survey was developed by Robert Half Legal and conducted by an independent research firm. It is based on 150 telephone interviews of lawyers with law firms and companies in Canada.

About Robert Half Legal

Robert Half Legal is the premier provider of legal staffing and consulting solutions for law firms and corporate legal departments. With North American and global locations, Robert Half Legal provides a customized approach, including managed review, legal project management and eDiscovery services, to help organizations handle constantly changing workloads. The company offers in-demand expertise across practice areas as well as highly skilled legal professionals on a temporary, project and full-time basis. More information about our full suite of legal staffing and consulting solutions can be found roberthalf.ca/legal. Follow @[RobertHalf_CAN](https://twitter.com/RobertHalf_CAN) and visit blog.roberthalf.ca for workplace news, trends and advice.

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