

Stress Awareness Day Highlights Need for Lawyer Wellness

FORNEY, TEXAS, USA, November 2, 2022 /EINPresswire.com/ -- When it comes to [lawyer wellness](#), every day should be Stress Awareness Day” according to Dr. Patti McCartney. and is the foundational premise of her platform, TheLawyer-Doctor.net.



As a profession, we are facing a mental health crisis and must make lawyer wellness an ongoing priority. National Stress Awareness Day is a wonderful reminder to focus our efforts on the goal.”

Dr. Patti McCartney

McCartney, a Texas Lawyer, Board-Certified Naturopathic Doctor and Lawyer Wellness Coach is the founder of the <https://www.thelawyer-doctor.net/>, a holistic wellness site that offers E-Wellness and micro-coaching exclusively for the legal profession.

Much of the content offered is derived from McCartney’s expertise in the area of mental distress within the legal profession and her experience as a nationally recognized continuing legal education speaker on the topic.

McCartney also works with lawyers and firms in the development and implementation of workplace wellness

programs and protocols utilizing her unique “[neuro-naturopathic](#)” approach. McCartney’s background as a practicing lawyer for more than 20 years and her training in naturopathic medicine, neuroplasticity and cognitive behavior, provide her with a diverse skill set to assist the profession that she remains passionate to be part of. “I love being a lawyer, naturopathic doctor and coach. If I can do one thing to help fellow lawyers feel a little bit more informed on the topic of wellness, a little happier in their lives or a little bit healthier. I am grateful for the opportunity.”

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Go to <https://www.thelawyer-doctor.net/to> learn more.

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