INSIGHTS + NEWS

Michael Dickman Shares Practical Strategies for Litigator Well-Being

BY MICHAEL P. DICKMAN • JUNE 2, 2026

Michael Dickman shares practical strategies for managing the pressures of a demanding litigation practice in the May/June 2026 issue of the Massachusetts Bar Association's *Section Review*. In the article, he explores how litigators can improve their effectiveness and resilience by focusing on the factors within their control, including organization, mindfulness, physical well-being and clear communication. Below is an excerpt.

> ***Stay Organized***
> The volume of litigation tasks can feel endless. A simple but effective countermeasure is the disciplined use of a to-do list and an effective use of your calendar. Breaking larger projects into smaller, manageable tasks creates a sense of progress and accomplishment. It also helps ensure that important but non-urgent tasks do not fall through the cracks. Scheduling time to proactively meet with clients and opposing counsel ahead of deadlines is also key, as well as blocking off time for large chunks of focused work.

Read the article "Controlling What You Can Control: A Litigator's Guide to a Healthier Life" on the Massachusetts Bar Association's website.

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