Bencher Election: Getting to Know You Questionnaire

SANDRA PETERSSON, KC

1. What is your favourite song, movie or book & why?

   “Brown Eyed Girl” by Van Morrison. It’s been a personal favourite since a friend sent it to me on a mixed tape. (Yes, an actual cassette. But not an eight track.)

2. What was the most inspiring or rewarding volunteer activity you have performed?

   Does parenting count?

3. How do you deal with stress?

I knit. There are lots of studies on the mental health benefits of making things with your own hands. Plus, having pointy sticks at hand can be helpful in many stressful situations. But if knitting doesn’t work, I’ll listen to Tom Jones. TJ has a fantastic voice and I know I’ve calmed down when I start skipping the most misogynistic hits from the 70s.

4. What does lawyer well-being mean to you?

Lawyer well-being means that we’re in a place where we can listen without judgment. If we can’t listen, we may not hear what needs to be done.

5. Do you believe mental health should be a priority?

Absolutely. Lawyers work with their minds and we can’t do our jobs if that key tool is not working well. We also need to be aware of the mental health of those around us.