Bencher Election: Getting to Know You Questionnaire

ADAM DREW

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

   My favourites change pretty frequently, but the most-read books on my shelf are my battered paperback set of the *Lord of the Rings* and *Foundations of Woodworking* by Michael Pekovich.

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

   I am a volunteer leader with Scouts Canada, and every opportunity I have to help kids get outside, learn good citizenship, and experience the world is rewarding.

3. How do you deal with stress?

   My answers above probably are good hints: I read a lot of fiction, I make things out of wood, and I try to get outside. I also sing and do landscape photography. I spend as much time as I can with my family. Lastly, regular visits to my therapist are like car maintenance: I do it whether I think I need it or not to make sure the parts are all running the way they are expected to.

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

   Law is an extremely demanding profession, and it's vital to be aware of stress in my mind and body, to find healthy outlets for stress, and to ensure that I'm resting and recovering properly between the intense periods the work demands.

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

   Mental health is absolutely a necessary priority to legal practice. We serve ourselves and the public best when we are calm, resilient, and ready for the next challenge.