

SABA Toronto – Mental Health & Wellbeing

Supporting the wellbeing of South Asian legal professionals.

The legal profession can be demanding, and prioritizing mental health is essential. As we recognize Mental Health Awareness Month, SABA Toronto is sharing curated resources and exclusive member benefits to support the wellbeing of our community.

Exclusive Member Benefit: Sukoon Cares

SABA | South Asian Bar Association of Toronto

SUKOON

An Exclusive Wellbeing Benefit for SABA Members

Through our partnership with **Sukoon Cares**, SABA members receive preferred access to culturally adapted **therapy** and **nutrition** designed for South Asian professionals.



INDIVIDUAL & COUPLES THERAPY



NUTRITION & DIET SUPPORT

\$50 MEMBER CREDIT TOWARD YOUR FIRST TWO SESSIONS
CODE: SABA50

WWW.SUKOONCARES.COM

@SUKOONCARES 

Through SABA's partnership with Sukoon Cares, members receive preferred access to culturally adapted therapy and nutrition services designed for South Asian professionals.

Services include:

- Individual & couples therapy
- Nutrition & diet support
- Complimentary 15-minute consultation

Member Offer:

\$50 credit toward your first two sessions

Code: **SABA50**

Visit: www.sukooncares.com

Community Spotlight: Breaking Free from Burnout

Breaking Free from the Professional Hamster Wheel

You've done everything right.

You've studied hard, completing years of education while sacrificing personal interests to work and provide for your family. You've landed what you thought was your dream job, making a good living, just like you were promised.

But something feels... off.

Despite checking boxes that society told you would lead to happiness, you're exhausted. Frustrated. Burnt out.

The promise was simple: Work hard, follow the rules, and fulfillment will follow. Yet here you are, feeling hollow inside. The late nights, endless paperwork, and constant pressure have slowly eroded your once-vibrant spirit.

Does this sound familiar?

Your Turning Can Start Whenever You Want it to

Change comes when you decide it's time to reclaim your professional identity.

Imagine a career that doesn't drain you but energizes you. Your turning point isn't a destination. It's a series of strategic, intentional choices that realign your professional life with your original passion.

If you've been looking for a roadmap, I've developed a [Mental Fitness Program](#) specifically for lawyers to help them break free from burnout and design a career that feels genuinely fulfilling. If you are ready to reclaim your professional vitality, consider connecting through my newsletter, booking a discovery call or attending an in-person breathwork session.

Manjit Hansra

[Rx for Renewal](#)

Pharmacist and Breathwork Facilitator

Community Spotlight: Inclusive Psychotherapy

Supporting Mental Health Through Culturally Responsive Care



Nikita Sehgal (she/her), MCP, RP, RSW, is the Founder and Psychotherapist at Inclusive Psychotherapy. Her practice focuses on providing culturally responsive and trauma-informed therapy to individuals navigating burnout, anxiety, boundaries, identity, and high-pressure professional environments.

Inclusive Psychotherapy aims to create safe and affirming spaces for clients from diverse communities, with a particular understanding of the unique pressures experienced within South Asian families and professional settings.

Learn more:

- Website: <https://inclusivepsychotherapy.ca>
- Instagram: [@inclusivepsychotherapy](#)

Quick Wellbeing Reminders

- Burnout is common in high-performance professions — early support matters
- Therapy can be preventative, not just reactive
- Small daily resets (even 5 minutes) can improve focus and stress levels
- Staying connected with peers and community is key

Closing

SABA Toronto remains committed to supporting the personal and professional wellbeing of our members.