



According to ABA Study,
released Feb, 2016:
Surveyed 13,000 attorneys

Experiencing

- Depression: 28%
- Anxiety: 19%
- Stress: 23%
- Problem drinkers: 21%

Rule 3-110 **Failing to Act Competently**

(B) "competence"... shall mean to apply...
the 3) mental, emotional, and physical
ability reasonably necessary for the
performance of such service.

1 Stress

What is it? How do work with it?

“

Stress is a reaction to a stimulus that disturbs our physical or mental equilibrium.

2

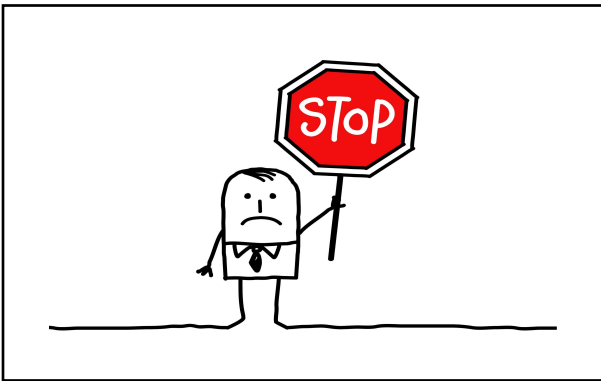
Anxiety

What is it? How do we work with it?

“

Anxiety is the subjectively unpleasant feelings of dread over anticipated events.







A desk with a laptop showing a clock at 08:02:01, a pen holder with pens, and a potted plant.

Burnout:

State of chronic stress that leads to:

- physical and emotional exhaustion
- cynicism and detachment
- feelings of ineffectiveness and lack of accomplishment

A person sitting in a field of tall grass, looking out over a landscape under a cloudy sky.

Compassion Fatigue

The natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced by others

A hand holding a large orange flower against a dark, textured background.

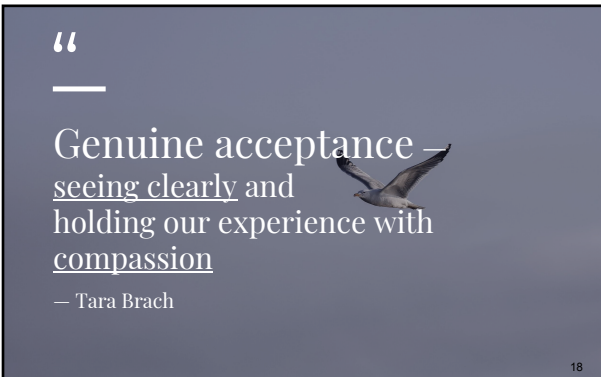
Vicarious Trauma:

Symptoms analogous to those seen in PTSD

- re-experiencing images of traumas of others
- avoidance of reminders, numbing in affect and function, and persistent arousal.

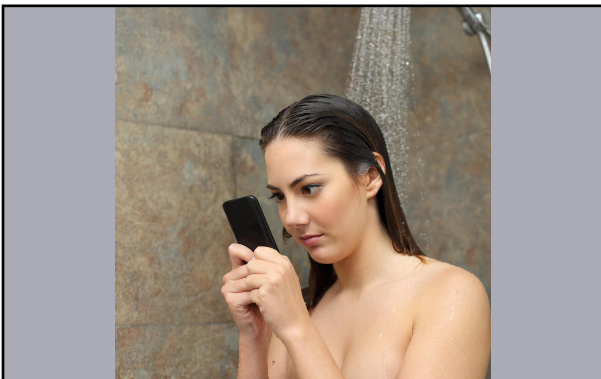


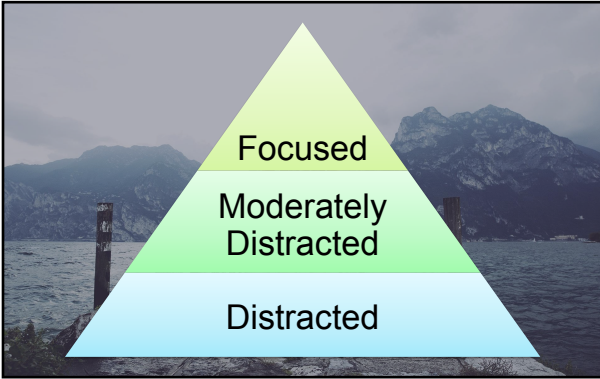
















Attention Training

- **Stability:** reduced mind wandering
- **Control:** appropriately directing attention
- **Efficiency:** economical use of cognitive resources

You are not your
thoughts.
Not all thoughts are
facts.

Training Your Mind

3.

**The Problem
With
Mindfulness**

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Change is HARD!

- Not doing it "right"
- Time: MBSR
- Lack of stickiness
- No regular, consistent reinforcement
- Delivery mechanism
- Financial constraints

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Depression, Anxiety, and Stress



**Stress: Decreased
by 32%**



**Anxiety: Decreased
by 30%**



**Depression:
Decreased by 29%**

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Job effectiveness

- How participants perceived their own ability to perform on the job.
- Increase of 6.15%.

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Self-Care

Provided “for you, by you.”



Self-Care

Identify your own needs and take steps to meet them



Self-Care

Take time to do some of the activities that nurture you. Everyday.

