



D.C. BAR LAWYER
ASSISTANCE PROGRAM

LAP@DCBAR.ORG

202.347.3131

How To Identify And
Handle Anxiety

Turn down
the volume
on the
body

| BREATHE IN
4 SECONDS

| HOLD
4 SECONDS

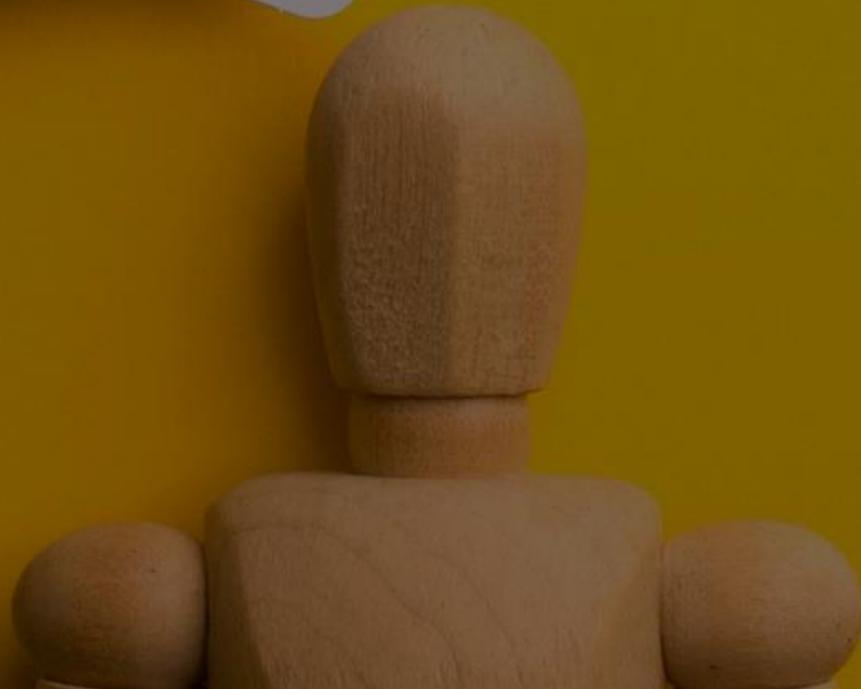


| HOLD
4 SECONDS

| BREATHE OUT
4 SECONDS



Anxiety
Good or Bad!?!?!?



If I keep
smiling
they won't
know I'm
anxious!



The Legal Pressure-Cooker



** Starts in Law School

Stressed Out Legal Professionals

- Inherently Adversarial/competition among classmates
- Deadline Driven/ Culture of Immediacy

Resistance to Treatment

- Stigma
- Impact on Bar Admission

School Implications

- Impaired Performance
- Increase rates of anxiety, depression, substance use, and stress among law students

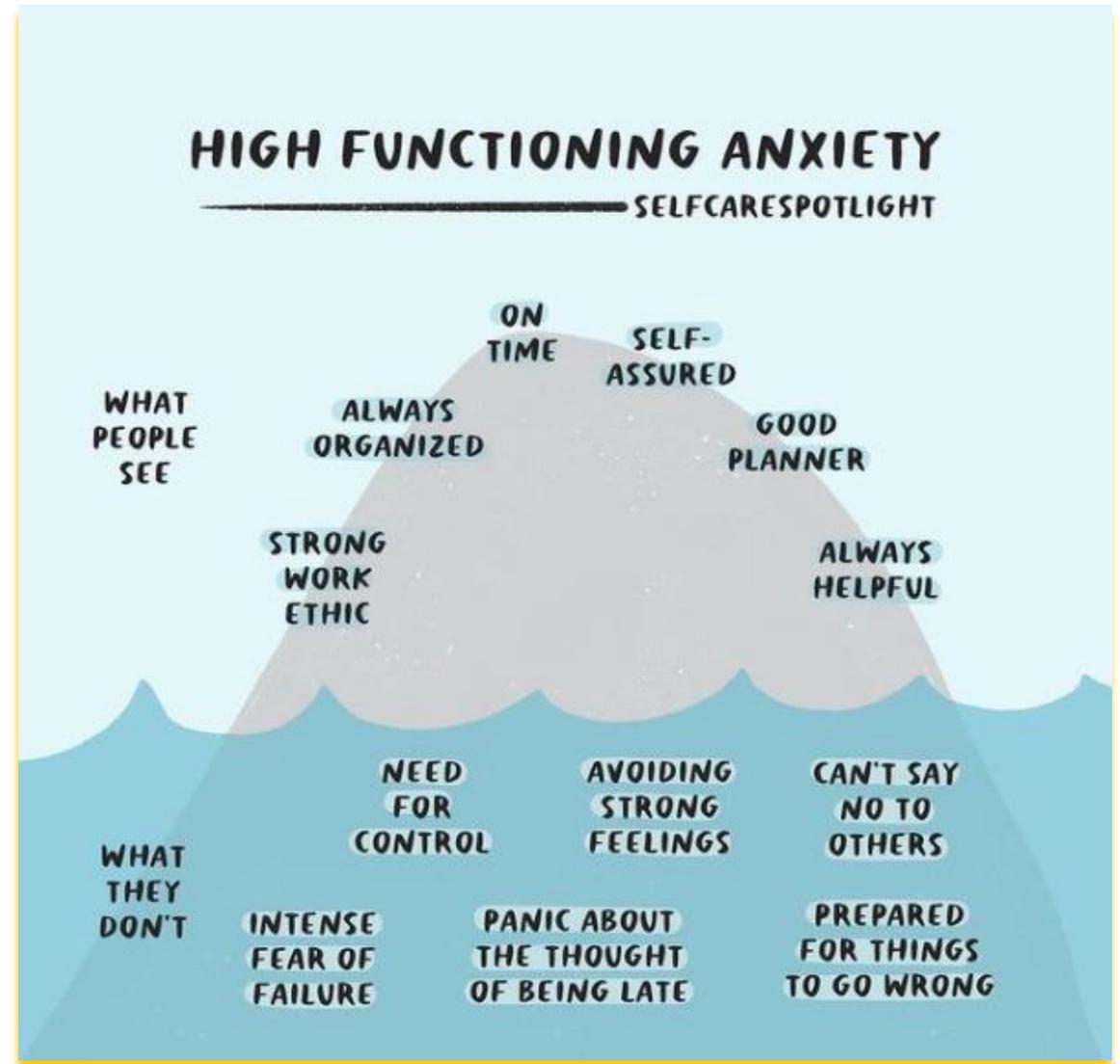
Far-Reaching Implications

- Overall impact on mental health and wellness of law students and future lawyers.
- Positive or negative coping skills have the potential to carry into your career as an attorney.

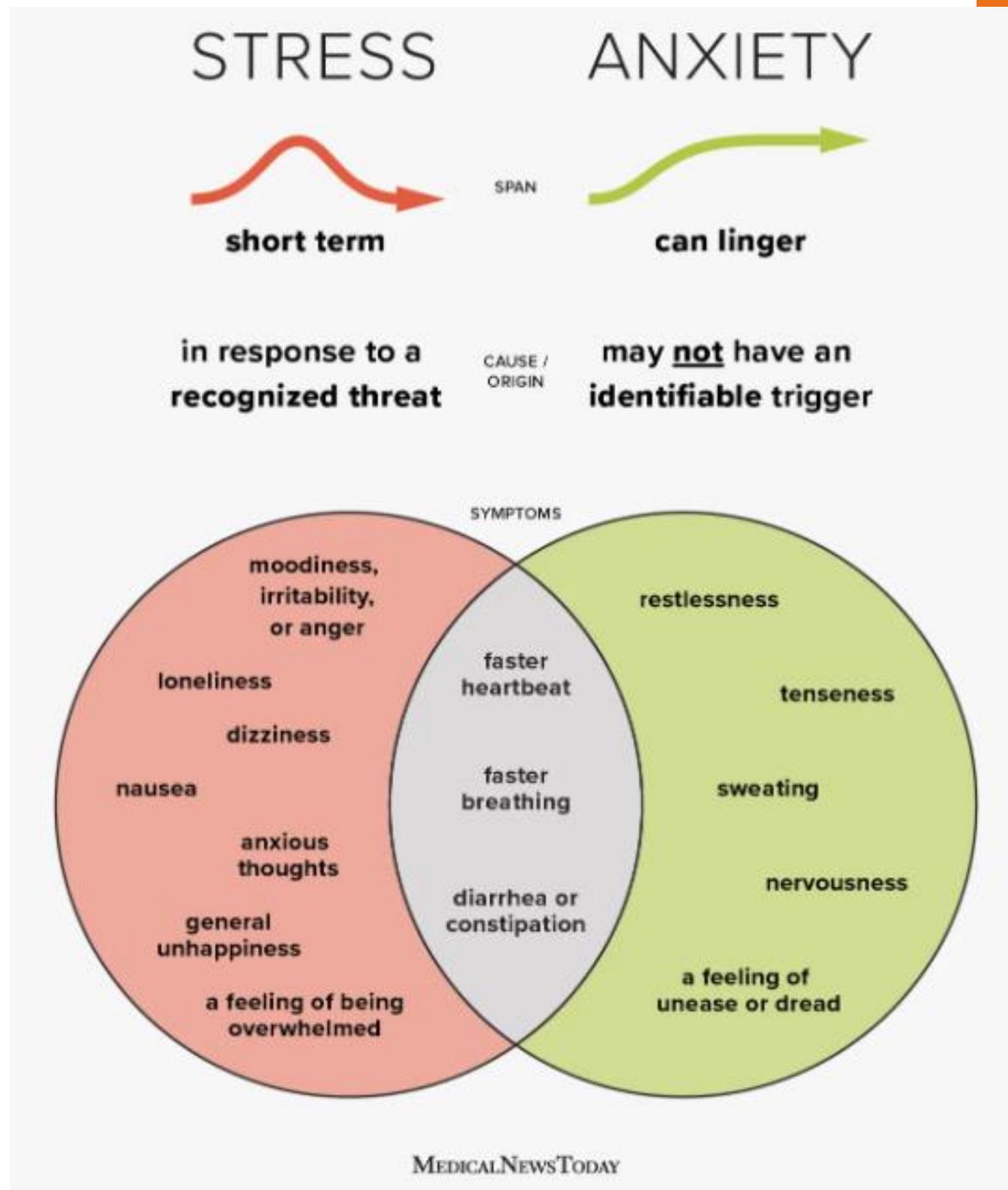
Psychological and physical signs and symptoms

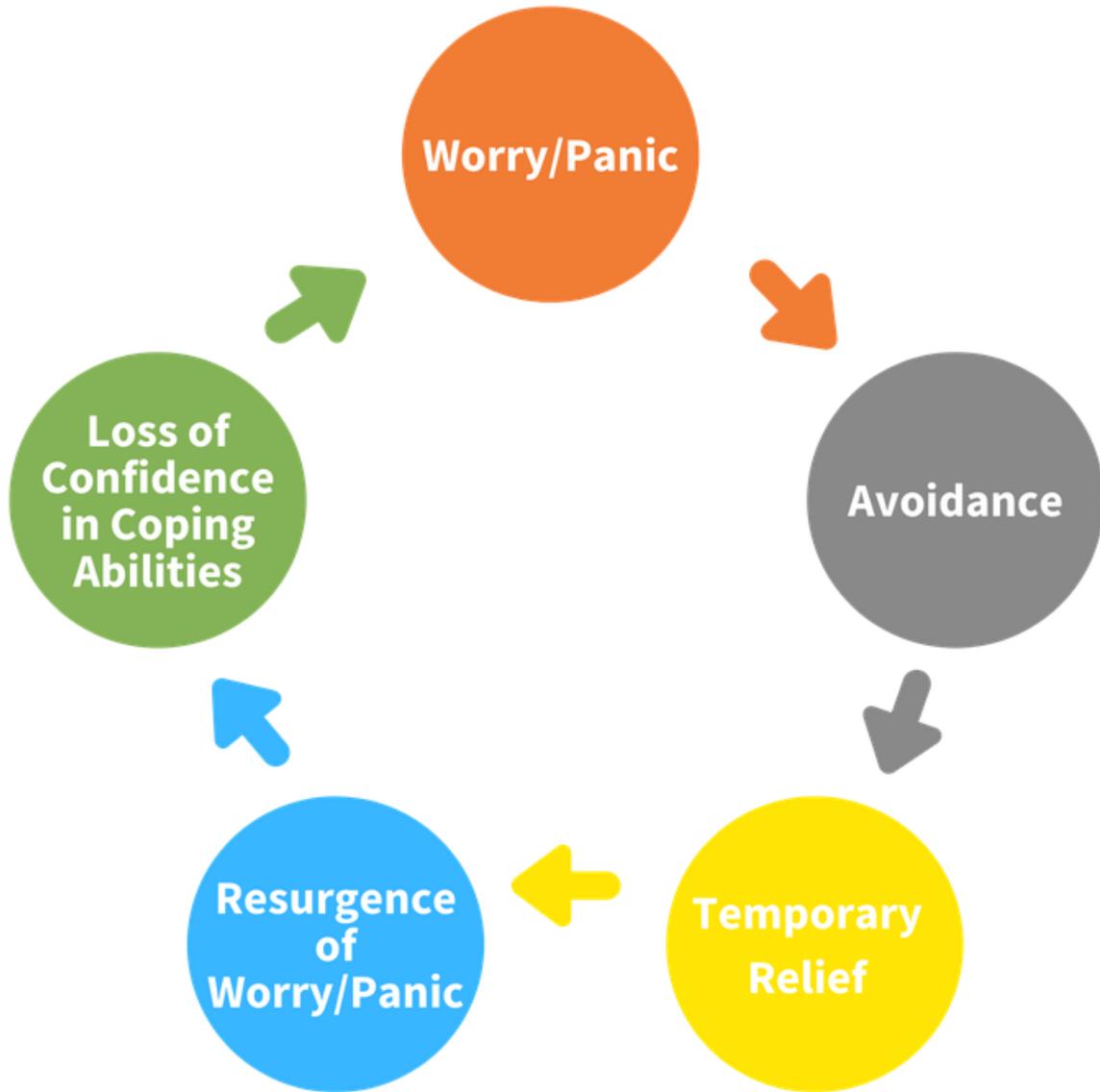


Anxiety
doesn't
mean you
aren't
"functioning"



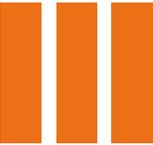
What is the difference?





Avoidance or
Pushing
Through it

Why it's not
the answer



How do I
manage it?



**Reframe
Your
Thoughts**

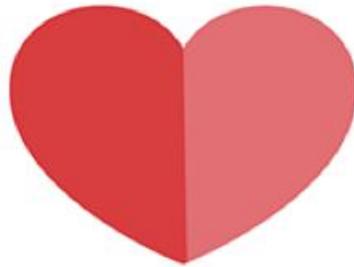


The foundation = self-compassion



Mindfulness

Being aware of the physical, emotional, or mental pain of the moment.



Self-kindness

Treating ourselves with kindness, considering our own needs.



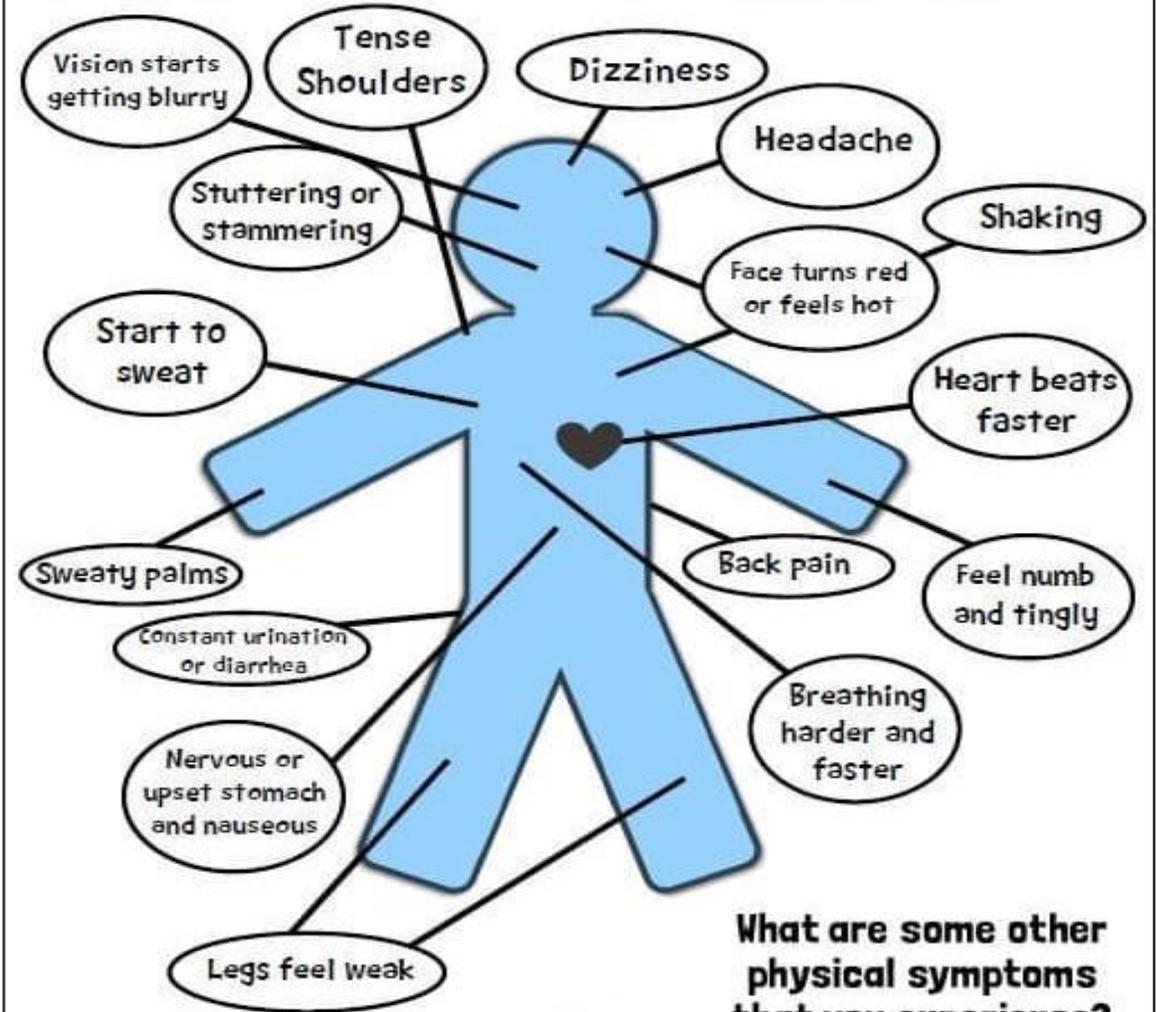
Common Humanity

Recognizing that these experiences are a normal part of being human.

Body awareness

ANXIETY AND MY BODY

Color in the reactions that happen to your body when you start getting anxious.



What are some other physical symptoms that you experience?



How to cultivate distance to thoughts

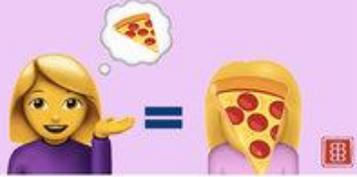
@mind-reframed



Be an
observer

EMOTIONAL REASONING

assuming that because we feel a certain way, that we think must be true



OVERGENERALIZING

seeing a pattern based upon a single event, or being overly broad in the conclusions we draw



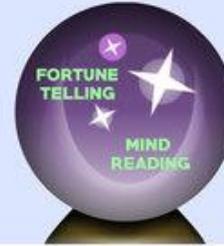
LABELLING

assigning labels to ourselves or other people



JUMPING TO CONCLUSIONS

IMAGINING WE KNOW WHAT OTHERS ARE THINKING OR PREDICTING THE FUTURE



MAGNIFICATION (CATASTROPHISING) & MINIMIZATION

blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important



"DON'T MAKE A MOUNTAIN OUT OF A MOLEHILL"

UNHELPFUL THINKING STYLES



BALANCE

eating disorder treatment center™

MENTAL FILTER

ONLY PAYING ATTENTION TO CERTAIN TYPES OF EVIDENCE, NOTICING OUR FAILURES BUT NOT SEEING OUR SUCCESSES



"I AM A FAILURE"

DISQUALIFYING THE POSITIVE

DISCOUNTING THE GOOD THINGS THAT HAVE HAPPENED OR THAT YOU HAVE DONE FOR SOME REASON OR ANOTHER



ALL OR NOTHING THINKING



PERSONALIZATION

blaming yourself or taking responsibility for something that wasn't completely your fault. conversely, blaming other people for something that was your fault.



SHOULD/MUST

using critical words like 'should,' 'must,' or 'ought' can make us feel guilty, or like we have already failed. If we apply 'shoulds' to other people the result is frustration.



Name it

Accept what is

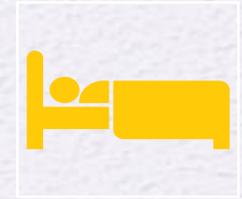


Self-Care



What is Self-Care?

Taking action to preserve one's own health and wellbeing



How Do I Achieve it?

- Sufficient Sleep
- Physical Exercise
- Healthy Eating
- Regular Check-ups
- Stretching/ Breathing
- Meditation/ Mindfulness
- Leisure Activities
- Social Interaction
- Treat Yourself

You're Never Too Busy To Take Care Of Yourself

**YOU ARE NOT
ALONE**



Signs You Need A Break

Turning to unhealthy outlets for comfort

Decreased motivation to do things that align with your goals

You start questioning things you normally feel secure in

You feel on edge and hypersensitized to things (environment, criticism, etc.)

You start acting out of character

Spending more hours "working" but getting much less done

Please don't feel
ashamed for
resting and taking
a break - it is
essential for your
mental health



@realdepressionproject





Free & Confidential Services of the D.C. Bar Lawyer Assistance Program

- Clinical assessment, short-term counseling, and referrals to resources
- Wellbeing support groups (virtual)
- Consultations with concerned others, such as employers, colleagues, or family members
- Monitoring
- Volunteer/peer mentor connection
- Well-being guidance for legal employers and law schools

**Call 202-347-3131 or email
LAP@dcbar.org**

Mental Health Resources

- **National Suicide Prevention Lifeline**
 - 1.800.273.TALK (8255);
 - En Español: Nacional de Prevención del Suicidio 1-888-628-9454
 - For Deaf + Hard of Hearing 1-800-799-4889
 - Veterans Crisis Line 1-800-273-8255 Press 1
 - Crisis Text-Line: www.crisistextline.org
Text "HOME" or "TALK" to 741741
- **SAMHSA (Substance Abuse and Mental Health Services)**
 - www.samhsa.gov or 1.800.662.HELP (4357)
- **How to find a support group meeting**
 - www.verywellmind.com/find-a-support-group-meeting-near-you-69433
- **Mental health screening**
 - whatsmym3.com

Mental Health Resources

- **Counseling and Psychological Services (CAPS)**
 - <https://healthcenter.gwu.edu/counseling-and-psychological-services>
- **Directory of Lawyer Assistance Programs**
 - www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/
- **Therapist Directories**
 - www.inclusivetherapists.com
 - www.psychologytoday.com
 - www.openpathcollective.org

Mental Health Resources

- **Anxiety & Depression Association of America**
 - www.adaa.org
- **Lawyer Depression Project**
 - www.lawyersdepressionproject.org
- **Mindfulness in Law Society**
 - www.mindfulnessinlawsociety.org/
- **The Mental Health Coalition**
 - <https://thementalhealthcoalition.org/>
- **Resources addressing racial trauma, BIPOC mental health and coping**
 - [Mental Health Effects on Racism Resources.docx](#)
 - www.mhanational.org/racial-trauma

Bibliotherapy

Articles:

- [D.C. Bar LAP Newsletter - Stress Response](#)
- [The Promise of Self-Compassion for Attorneys](#)
- [Pandemic Anxiety Wanes, but Legal Industry's Mental Health Struggles Persist](#)

Books:

- [Burnout: The Secret to Unlocking the Stress Cycle](#)
by Emily Nagoski PhD & Amelia Nagoski DMA
- [Emotional Inflammation: Discover Your Triggers and Reclaim Your Equilibrium During Anxious Times](#) by Lise Van Susteren, Stacey Colino
- [The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy](#) by Chad LeJune
- [The Gifts of Imperfection : Let Go of Who You Think You're Supposed to Be and Embrace Who You Are](#) by Brené Brown
- [How to Be Sort of Happy in Law School](#) by Kathryn M. Young

Podcast:

- [Spawned, Why we need to reframe how we view self-care](#)
- [NPR Life Kit, Why You Feel So Guilty When You're Not Working](#)
- [NPR Life Kit, The Importance Of Mourning Losses \(Even When They Seem Small\)](#)