Turn down the volume on the body
Anxiety
Good or Bad!?!?!
If I keep smiling they won't know I'm anxious!
** 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

How to recognise ANXIETY in yourself and others

- Sweating
- Avoidance
- Trouble concentrating
- Rumination
- Panic Attacks
- Insomnia
- Trouble breathing
- Headaches
- Procrastination
- Overthinking
- Needing reassurance
- Fatigue
- Lack of patience
- Memory issues
- Rapid heartbeat
- Constant worrying
- Stomach issues
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

10:00 AM

WHAT A DAY!
MY PRINTER’S BROKEN,
MY REPORT GOT REJECTED,
AND I JUST SPILLED COFFEE ON MYSELF.

4:00 PM

WHAT A DAY!
I LEARNED HOW TO FIX A PRINTER, HOW TO REPAIR A REPORT,
AND HOW TO REMOVE COFFEE STAINS.
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
How to Cultivate Distance to Thoughts

Be an observer
UNHELPFUL THINKING STYLES

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

...every...nothing
all...

STUPID

LABELLING
assigning labels to ourselves or other people

HELLO
my name is

JUMPING TO CONCLUSIONS
imagining we know what others are thinking or predicting the future

MIND READING

MAGNIFICATION (CATASTROPHISING) & MINIMIZATION
Blowing things out of proportion (catastrophising), or downplaying, dismiss what makes it worse less important

“DON’T MAKE A MOUNTAIN OUT OF A MOLEHILL”

DISQUALIFYING THE POSITIVE
discounting the good things that have happened or that you have done for some reason or another

ALL OR NOTHING THINKING

IT'S WHITE IT'S BLACK

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

MENTAL FILTER
only paying attention to certain types of evidence, ignoring our failures but not seeing our successes

“IAL A FAILURE”

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
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.
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
• **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
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 Brene Brown
• How to Be Sort of Happy in Law School by Kathryne 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)