



How to Maintain Your Sanity: A Mental Health Guide for Lawyers

Mary Turner

Turner Law Group

Tuscaloosa, AL



On Burning Bright, Not Burning Out



Isabel Newton, MD, PhD
inewton@ucsd.edu



**The most important thing in life
is to be yourself.**

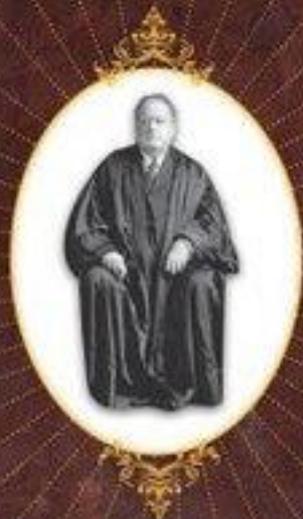


**UNLESS YOU CAN BE BATMAN.
ALWAYS BE BATMAN.**

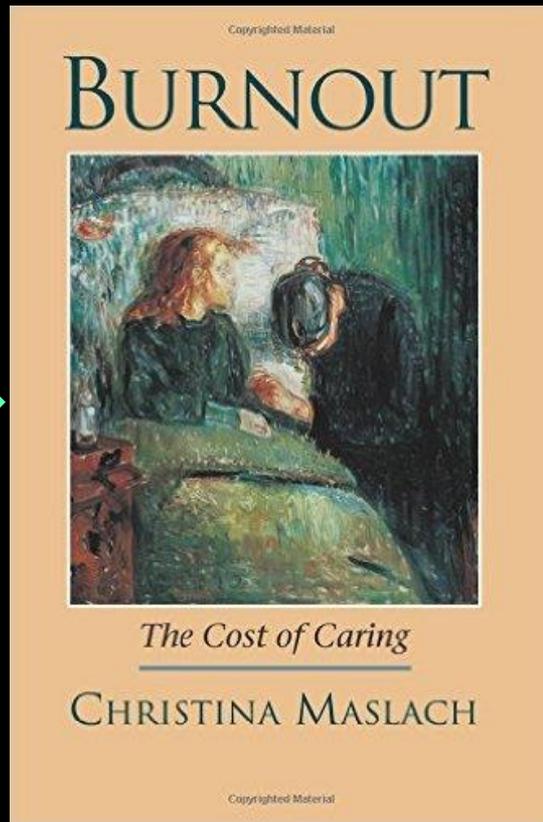


WAY WORSE
than being a
DENTIST

— *The Lawyer's Quest for Meaning* —





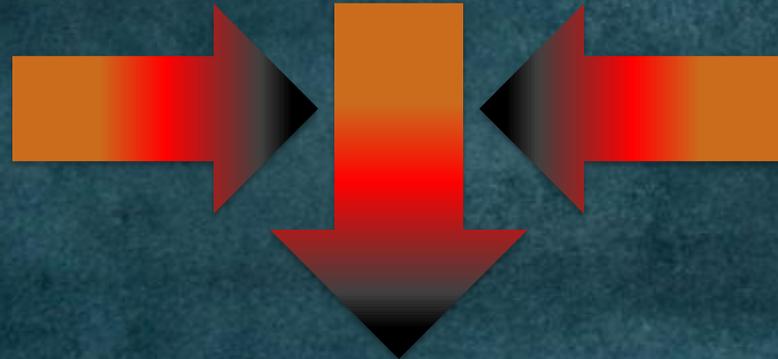




Be
the
Light
that helps
others see

PROLONGED WORK-RELATED STRESS

Anxiety
Depression



Compassion
Fatigue
Cost of caring

Burnout

- Emotional exhaustion
- Cynicism and detachment
- Sense of ineffectiveness

Breadth and toll of burnout

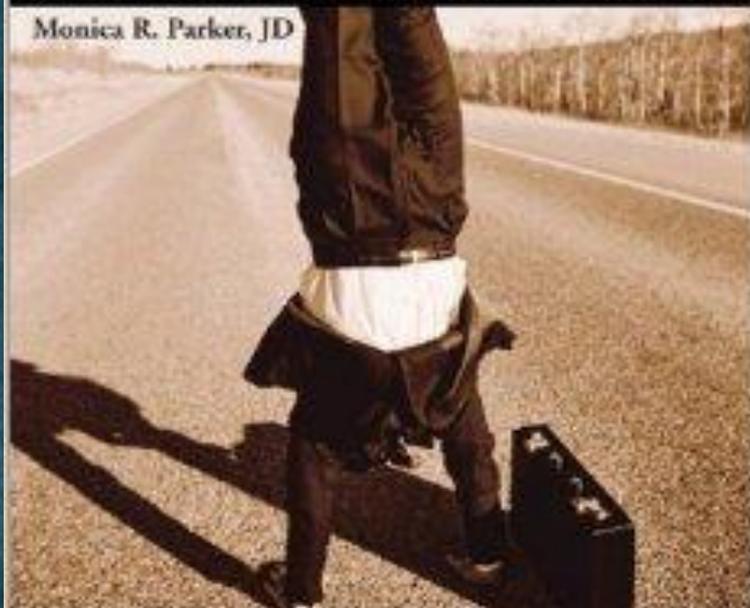
- Crosses cultures and genders
- Costly
 - Decreased productivity
 - Increased turnover
- Affects workers of all kinds
 - Mentally
 - Physically



the
(UN)HAPPY
lawyer

A Roadmap
to Finding
Meaningful Work
Outside of
the Law

Monica R. Parker, JD



Causes of burnout

- Occupational demands
 - Time Pressures
 - Work overload
 - Competition
 - Wide range of legal topics
 - Balancing personal life
 - Dealing with different people
- Adversarial system
- Perfectionists





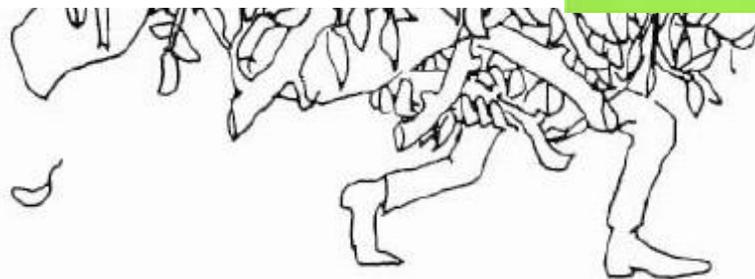
The
Giving
Tree

by
Shel
Silverstein

and she loved a little boy



And the tree
was happy.



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Symptoms and Effects of Burnout

To the Attorney

- Mental fatigue
- Physical exhaustion
- Flu-like symptoms
- Gastroenteritis
- Increased substance abuse
- Quitting

To the Firm

- Low morale
- Increased turnover
- Increased burden hiring and training



Antidotes to burnout

- Engagement
- Support
- Resilience
- Perspective









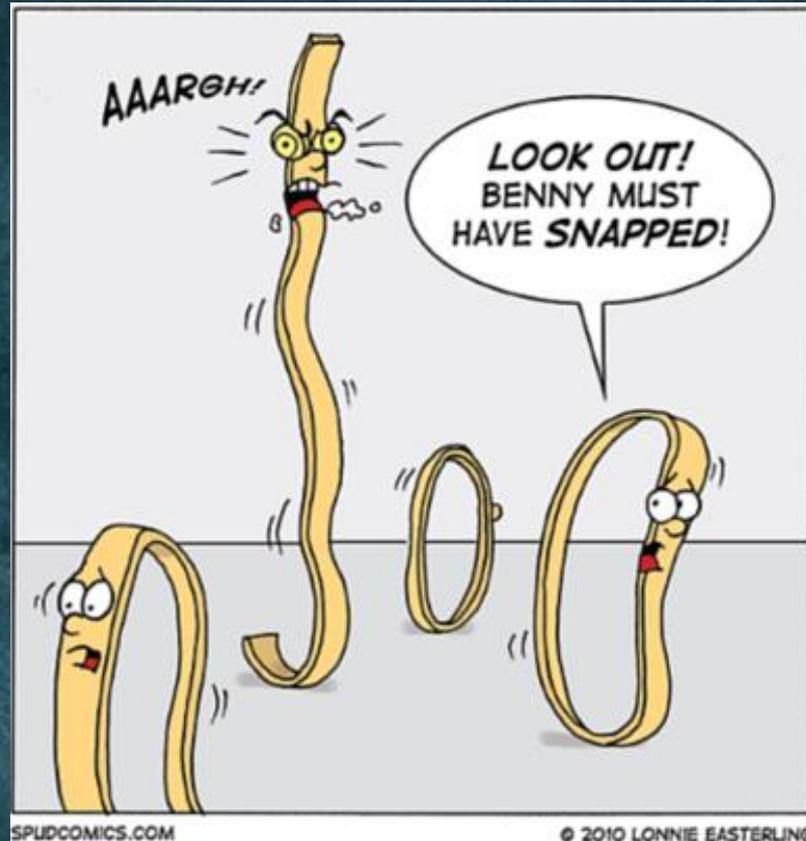
Resilience



Resilience

- Adapting well in the face of stress, adversity, trauma, tragedy, threats
 - Family and relationship stress
 - Health crisis
 - Workplace stressors
 - Financial stressors
- Resistance to letting failure overcome you and drain your resolve.
- Ordinary, not extraordinary
- Can be learned and practiced

Resilience



Six Abilities of Resilient Lawyers

- Flexible and accurate thinking
- Self-regulation
- Self-awareness
- Meaning and purpose
- Connection with others
- Optimism



Three Strategies to Build Resilient Lawyers

- Analyze what pushes your buttons
- Help others savor good news
- Shut down worst-case-scenario thinking





Act like a duck





Act like a duck

- Shed the unnecessary things that weigh you down
- Hold fast to the things that buoy you
- When the waves come, just float!





“Although the world is full of suffering, it is full also of the overcoming of it.” –Hellen Keller

Find your touchstone

To remind you of what is important and what isn't

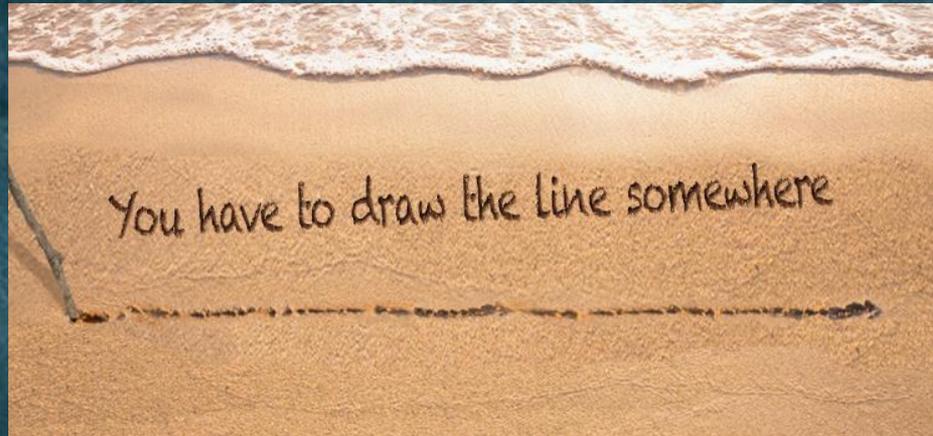
- Grounded
- Centered
- Strong





Set your boundaries and respect them

- Clearly define work times and rest times
 - During rest: turn your phone off and don't check email
- Honor your *you* time
- Define for yourself how much you can commit and honor it



Why do we fall?...So that we
can learn how to pick ourselves
back up





And Justice for All





BURN BRIGHT!

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