STAYING MENTALLY GROUNDED

ARIELLE CAPUANO, ESQ. & BETH FEDER, ESQ.
IT STARTS WITH AWARENESS
SOLUTIONS:

PRACTICES AND STRATEGIES TO STAY MENTALLY GROUND
WORK STRATEGIES

• Set boundaries
• Take breaks
• Reasonable scheduling
• Reduce work you take home
• Develop social network
• Socialize outside the profession
• Reduce cell phone usage
WELLNESS TIPS TO HELP LAWYERS COPE WITH JOB PRESSURE

• Make self care a priority – if you are overworked, overstressed and unhealthy you will not be at your best for your clients, colleagues, family and friends.

• Neuroscience shows that instead of motivating us, self-criticism switches our nervous system into a reactive, stressed state. Next time you feel anxious, pause. Say something helpful to yourself like “I’ve got this.”

• One of the best things you can do when you have a lot of stress/work on your plate is to turn off all distractions – put the phone on Do Not Disturb, turn off email notification, delete social media apps.
SELF CARE STRATEGIES THAT ARE NON-NEGOTIABLE

- Sleep
- Nourishment
- Exercise
- Make time for yourself
SELF CARE STRATEGIES

• Focus on the small things you can control such as when you go to sleep, how much water you are drinking. Keep adding to that list.

• Develop a consistent exercise schedule. Studies have shown exercise can improve memory and stimulate the growth of new brain cells.

• Be transparent about self-care. Share with others what you are doing and what is going on. People in your life want to support you.

• Keep healthy snacks in your house and office and make sure they are readily available.
SELF CARE STRATEGIES

• Get enough sleep each night – there are studies after studies that support this concept. When we are rested we think and problem solve more effectively and creatively.

• Put images on your phone that make you happy or laugh

• Have things around that bring you joy - stress ball, pet, weighted blanket, etc…
You can be mindful at any time of the day.
PRACTICES

Relaxation Methods

- Visualization – helps center you
- Meditation – even 5 minutes can reset your mind
- Yoga – can be done on Zoom, alone or in groups
- Massages
- Music Therapy
MORE PRACTICES

• Exercise – can be just walking
• Committing Acts of Kindness
• Drinking more water
• Social support
• Micro breaks
AND EVEN MORE PRACTICES

- Laughing
- Surround yourself with positive people
- Schedule me time – even if it is to do nothing
- Establish work free zones
SOME ALTERNATE PRACTICES/STRATEGIES

• Hobbies
• Puzzles
• Music
• Dancing
• Gardening
• Reading
NORMALIZE MENTAL HEALTH TOPICS

• Talk openly about mental health
• Educate yourself and others
• Be conscious of the language you use
• Recognize and ask for help when you are burned out
• Build a circle of support and accountability
VICARIOUS TRAUMA
AND DECISION FATIGUE
VICARIOUS TRAUMA

• Trauma is an emotional response to an intense event that threatens or causes harm. It is often the result of an overwhelming amount of stress that exceeds one’s ability to cope with or accept the emotions involved with that experience.

• Vicarious trauma, or compassion fatigue, occurs when a professional experiences the signs and symptoms that mimic post-traumatic stress disorder in connection with traumatic material presented by a client.
SYMPTOMS

• Intrusions:
  • Sleep disturbances
  • Nightmares
  • Appetite change

• Hyperarousal:
  • Hypervigilance
  • Exaggerated startle response
  • Sleeplessness

• Avoidance
  • Situations
  • People
  • Places

• Negative coping – smoking, drinking, etc..
HOW TO GUARD AGAINST VICARIOUS TRAUMA

• Take care of yourself – rest, eat healthy, exercise
• Take time for yourself – take breaks, spend time with friends, attend events
• Separate yourself from the situation
• Limit yourself – BOUNDARIES
• Be honest with yourself – check in frequently – are you satisfied with your current job?
• Empower yourself – attend trainings and look for signs of burnout
• Renew Yourself – explore your spirituality
SIGNS OF DECISION FATIGUE

• Low impulse control
• Feeling tired
• Brain fog
• Decision avoidance
• Procrastination
• Low risk tolerance
WAYS TO AVOID DECISION FATIGUE

- Make important decisions in the morning
- Limit and/or simplify the options
- Outsource or delegate some decisions
- Remove barriers
- Release inner perfectionism
- Limit distractions
- Exercise/walking as a reset
- Leverage patterns and previous decisions
“CURES”

- Stop overthinking! Overthinking leads to poor quality of sleep, less creativity and affects your mental health
- Turn thoughts into action, stop perseverating
- Questions beliefs – if that happens, then what?
- Focus on the present – feel, touch, hear, see
- Shift your patterns
IN PRACTICE:
BALANCING LAW AND THE SELF
VISUALIZATION

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