



STAYING MENTALLY GROUNDED

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A MOMENT OF MINDFULNESS: LET'S GET GROUNDED





BREATHING PRACTICE

- Pranayama = the movement of energy (our breath practice)
- *16 seconds to peace AKA Box Breathing*
- Helps bring us to the parasympathetic nervous system
- Practice:
 - Inhale to the count of 4
 - Hold for 4
 - Exhale for 4
 - Stay Empty for 4
 - Repeat several times
 - Notice how you feel



IT STARTS WITH AWARENESS





DOES WELLNESS MATTER?

YES!!!



WHY DOES WELLNESS MATTER?

- There is the obvious – you can't help others unless you can help yourself
- Attorneys wear many hats – we are often expected to perform many functions, work long hours, put our clients first and be stoic and remain unaffected.
- We have to create our own recipe for peace and balance



“In our highly intellectual, head-oriented world many of us are physically stressed and do not know it. We imagine that by masking our emotions they are not affecting us. But masking suppresses only the crudest outward display of our emotions – our bodies are still taking a beating. If we were more aware of the physical toll of our inner life, we might take more precautions against undesirable mental states.”

– Paul Grilley



SELF-STUDY

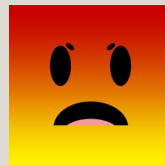
- The Yogi Lawyer
- Staying True to Yourself
- Self Study
- Practice stillness and turning inward
 - Watch your thoughts
 - *Observe, don't absorb*
 - Integrate what serves you
 - Let go of what doesn't serve you





THE UNHAPPY LAWYER

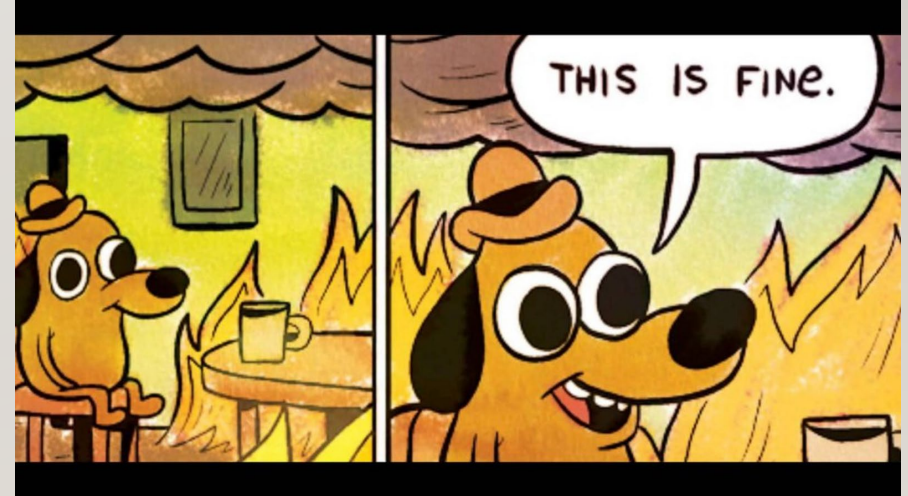
- May present as distant, angry, or cold, but assure you everything is fine
- Loves to “issue spot”
- Loves to argue about anything and everything
- May be on someone else’s agenda
- May not be serving their clients to the fullest potential
- Is not in touch with their own intuition or internal wisdom
- May be on the wrong path and not even know it
- Grounded does NOT mean stuck!





AWARENESS

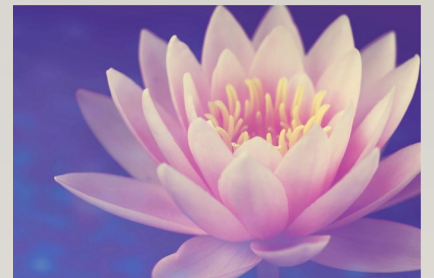
- It all starts with awareness
- Learn to know when you are OK and how to tell when you aren't
- Learn to diagnose and treat yourself
- Check in with yourself at least daily
 - How do I feel?
 - Do I need anything?
- No feelings are final
- Respect and love yourself in all your phases





“When we are grounded, we can be present, focused, dynamic. Our attention is concentrated in the here and now, bringing dynamic intensity to the way we present ourselves. Our experience is direct, sensate, immediate. We are confident, yet contained, connected with our own source of support.”

— Anodea Judith, Eastern Body Western Mind





STAYING MENTALLY GROUNDED IN LAW

- The Grounded Attorney:
 - Is calm and confident
 - Knows everything they need is within
 - Stays on their own agenda
 - Is unaffected by the noise surrounding them
 - Knows how to find peace and makes the time for it
 - Develops a sense of equanimity
 - Encourages the people around them to stay grounded and practice mindfully
 - Avoids or mitigates compassion fatigue and burning out
 - Has a sustainable law practice and may even enjoy their law practice!



“When the roots are deep, there is no reason to fear the wind.”

- Chinese Proverb





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
- Say something helpful to yourself like “I’ve got this.”
- Turn off all distractions



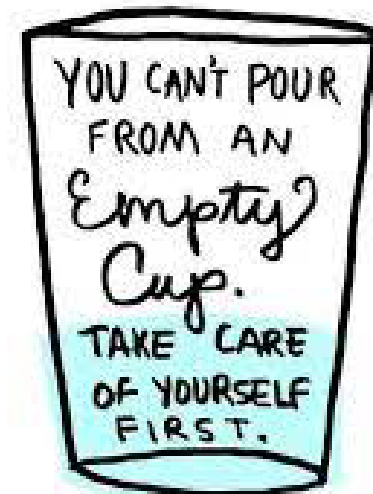
SELF CARE STRATEGIES THAT ARE NON-NEGOTIABLE

Sleep

Nourishment

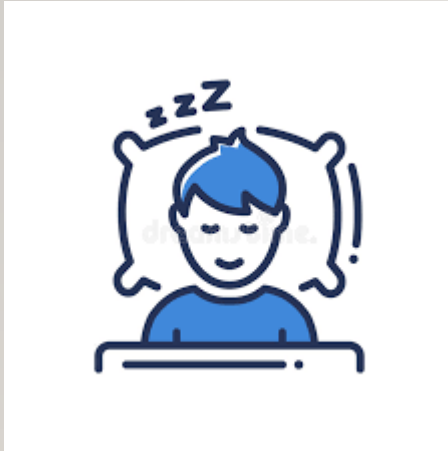
Exercise

Make time for yourself





SELF CARE STRATEGIES



SELF CARE STRATEGIES





MINDFULNESS TO STAY GROUNDED

- “Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.” – Jon Kabat-Zinn
- An attorney is hired for the attorney’s experience and expertise, personality, and uniqueness
- Taking the time to pause and connect with yourself is a part of the job!
- Practicing mindfulness helps to ensure that you show up 100% for your clients
- You are more likely to be fully present and have more creative, quality ideas that come from within
- You are less likely to be affected by external matters – makes it easier to hold your ground



You can be mindful at any time of the day

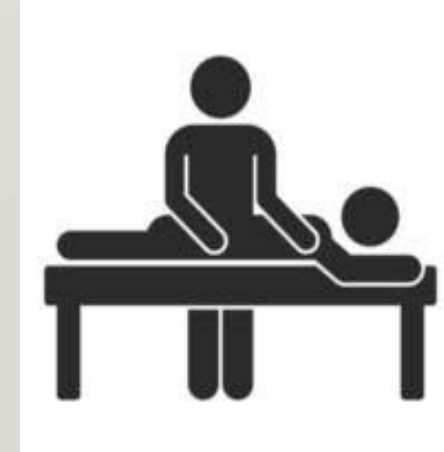
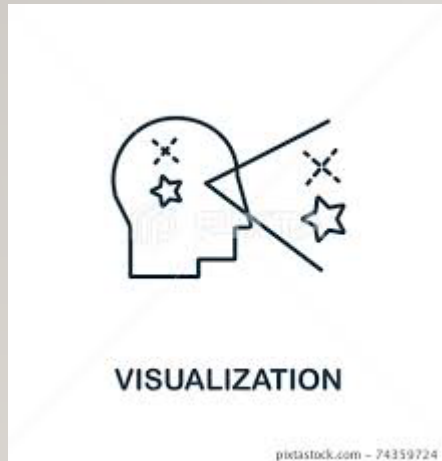


*"Mindfulness isn't difficult.
We just need to remember to
do it."
– Sharon Salzberg*



PRACTICES

Relaxation Methods



AND EVEN MORE PRACTICES





SOME ALTERNATE PRACTICES/STRATEGIES

- Hobbies
- Puzzles
- Music
- Dancing
- Gardening
- Going outside (barefoot/connecting to earth)
- 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



THIS IS A PRACTICE

- Your Wellness IS NOT:
 - Unimportant
 - An item on a TO DO list
 - A performance to appease the ego or others
- Your Wellness IS:
 - The most important thing you can work on
 - Something you keep coming back to
 - A PRACTICE FOR YOU!



KEEP PUTTING THE WORK IN

- Many of us avoid sitting with ourselves
- All the answers we need are within us
- Staying present in your own life makes everything easier when things come up
- Emotions are natural – don't deny your reality



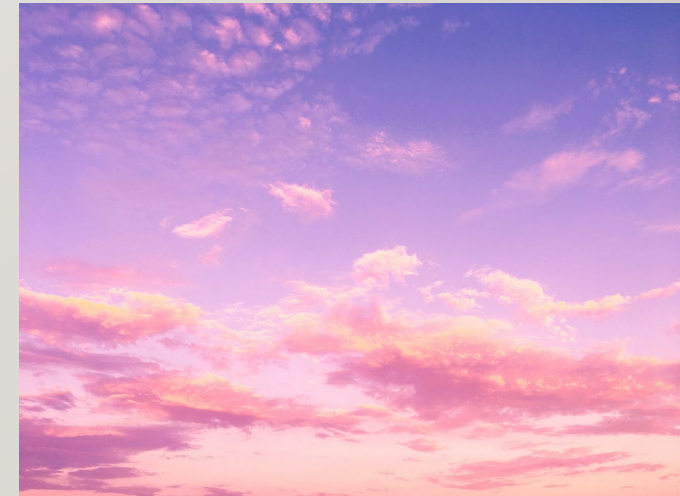
BE INTENTIONAL ABOUT WHAT YOU LET IN

- Learn how to tell what is yours and what is not
- We can choose to NOT integrate the trauma we are exposed to.
- We can choose to set boundaries for the way we live and practice
- We can choose to move on from roles that no longer serve us
- We are always in control of our own experience



PRACTICE LETTING GO

- Learning to let go and not let things eat at you
- Again, start with an awareness
- Meditation practice to help you learn to let go
- Detaching from the outcome





PRACTICE RESPONDING INSTEAD OF REACTING

- We cannot control what happens to us but we can control if and how we respond to it
- They may want a rise out of you
- They just be projecting insecurities/concerns on you
- Take a deep breath, a stretch, or a walk before responding
- Focus on your intentions and your agenda - stay strong!
- Remember, this isn't about you
- Ask yourself:
 - Why do I react?
 - Why do I think a certain way?
 - Are these thoughts serving me?
 - If they are, study why and manifest more of that.
 - If they are not, you have the power to change them





PRACTICE BOUNDARIES

- Without Boundaries
 - We are more easily taken advantage over
 - We focus on agendas other than our own
 - We can become resentful for “having” to do things
- With Boundaries
 - We are clear about our intentions, goals, and roles
- Boundaries May not Come Easy
 - Study your conditioning Grounding is essential to form healthy boundaries
- Saying NO
 - No is a one word answer
 - Other options to saying no
- Toxic work culture



RESOURCE YOURSELF

- Pick up tools for your wellness toolkit wherever you can
- Try these tools, and see for yourself what works and what doesn't
- Let go of what doesn't work for you,
- Integrate what serves you into your daily life
- Take small steps – real, sustainable change happens over time
- Remember, this is a PRACTICE we keep coming back to
- SHARE what you've learned with others!



RESOURCING YOURSELF: BCBA MAY WELLNESS SERIES



2022 MAY WELLNESS SERIES

PRESENTED BY THE BCBA MENTAL HEALTH & WELLNESS COMMITTEE



Join us throughout the month of May for a series of events designed to leave you feeling more grounded, balanced, and happy. Join our Happiness Movement and let's stay well together.

SERIES INFORMATION:

TUESDAY 5/17 @ 12PM (ZOOM)
MINDFUL MEDIATION WEBINAR

TUESDAY 5/24 @ 12PM (ZOOM)
MINDFUL LITIGATION WEBINAR

TUESDAY 5/24 @ 6PM (LIVE)
YOGA FOR LAWYERS SERIES:
MEDITATION, BREATHWORK & YIN YOGA

FOR MORE INFORMATION & TO RSVP:
WWW.BROWARDBAR.ORG/CALENDAR

RESOURCING YOURSELF: HAPPINESS GUARANTEED IN 30 MOVEMENT



<https://www.browardbar.org/happiness-guaranteed/>



Week One

1. 1 minute of meditation
2. Write one thing for which you're most grateful

Week Two

1. 2 minutes of meditation
2. Write two things for which you're most grateful
3. Connect with one colleague

Week Three

1. 3 minutes of meditation
2. Write three things for which you're most grateful
3. Connect with two colleagues
4. Perform one random act of kindness

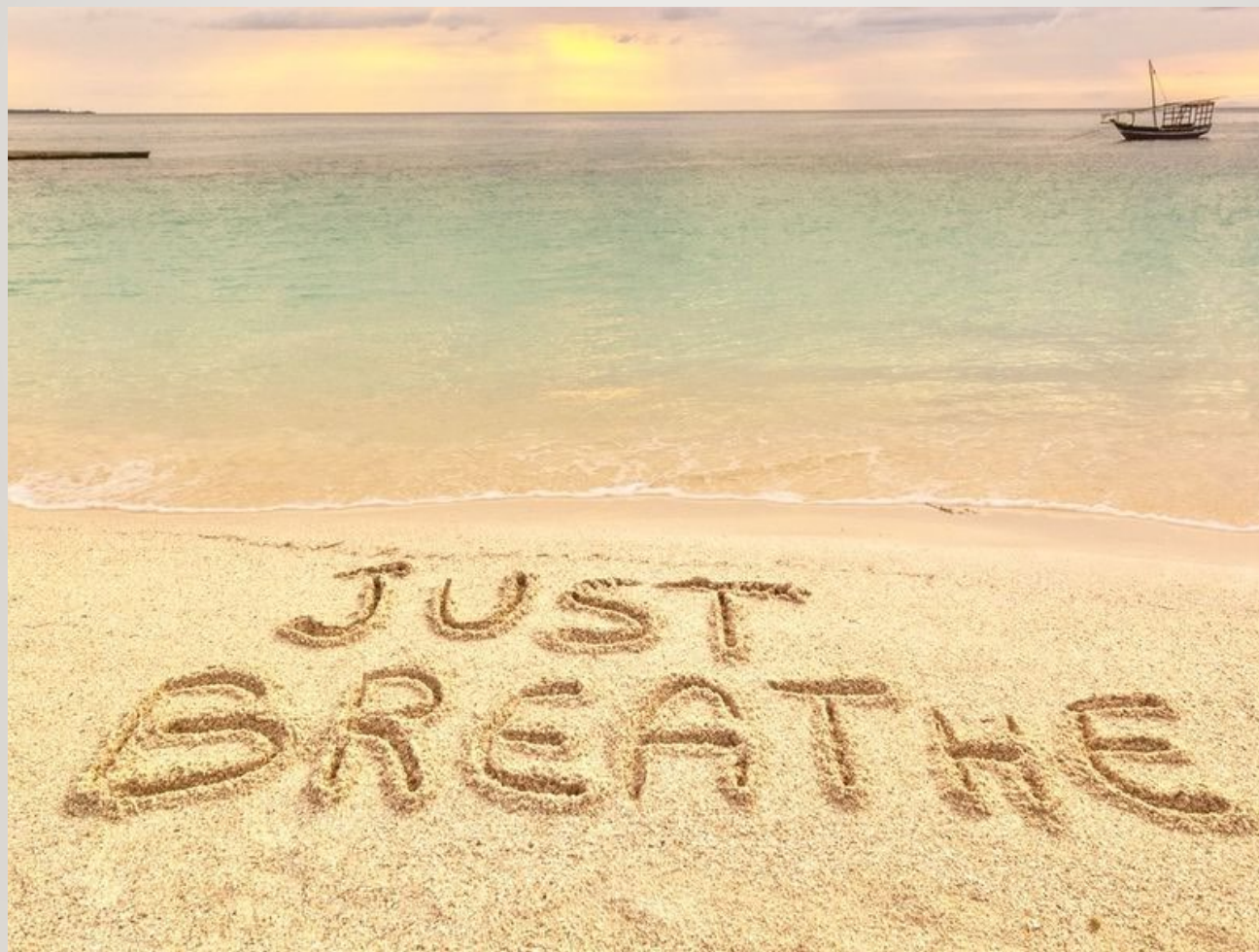
Week Four

1. 4 minutes of meditation
2. Write three things for which you're most grateful
3. Connect with two colleagues
4. Perform two random acts of kindness



RESOURCING YOURSELF

- **Florida Lawyers Helpline: 833-351-9355**
- **Florida Bar Health & Wellness Center**
 - <https://www.floridabar.org/member/healthandwellnesscenter/>
- **ABA Lawyer Wellness Toolkit**
 - https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/lsc_colap_well-being_toolkit_for_lawyers_legal_employers.authcheckdam.pdf
- **University of Miami School of Law – Mindfulness in Law Program**
 - <http://www.miamimindfulness.org/>
- **211 Broward**
 - <https://www.211-broward.org/>





2022 BENCH AND BAR CONVENTION STAYING MENTALLY GROUNDED

Any Questions?

BROWARD COUNTY BAR ASSOCIATION MENTAL HEALTH AND WELLNESS COMMITTEE

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