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The Healthy Lawyer





Well-being influences ethics & professionalism

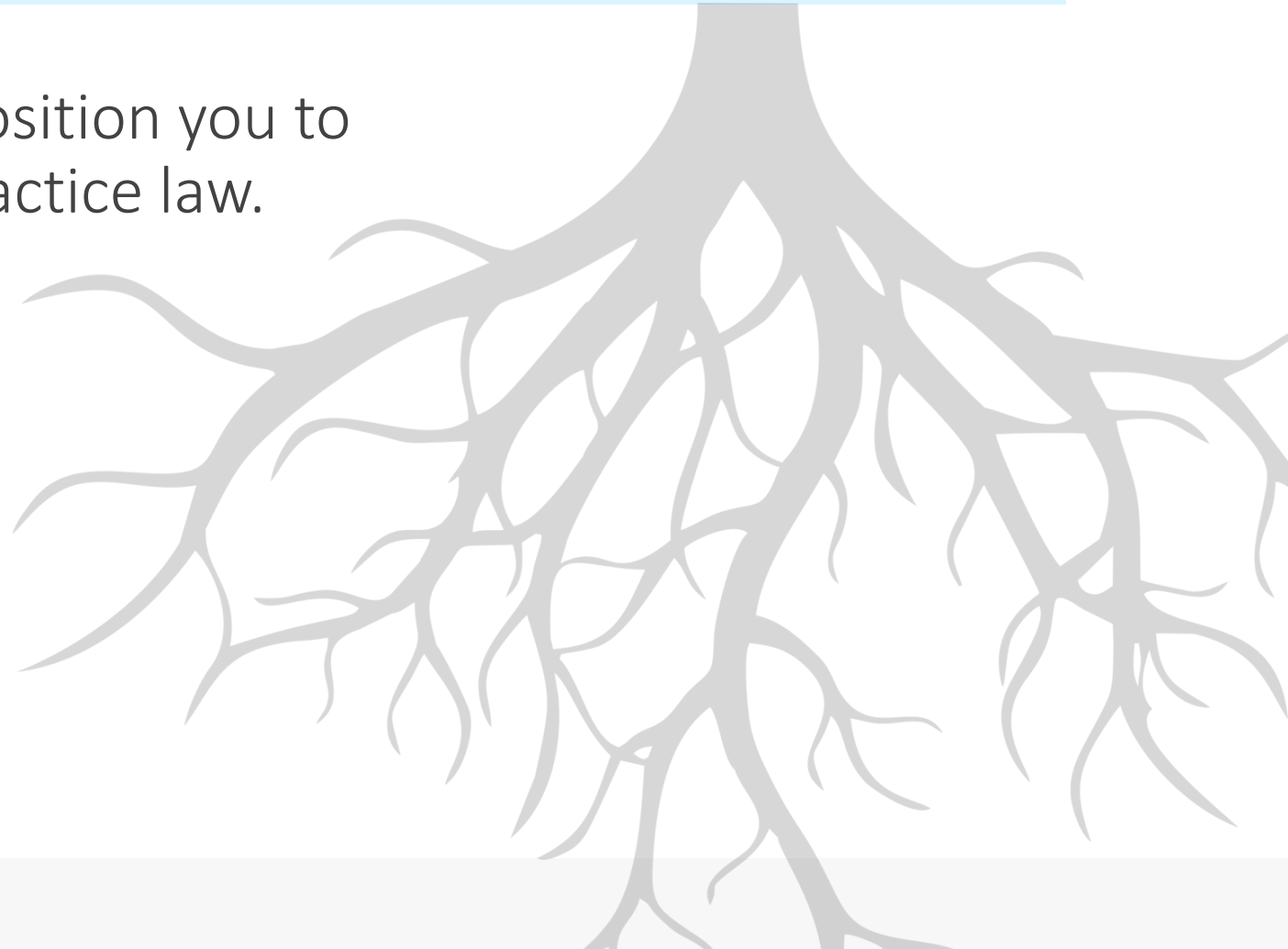
- Lawyers are required to provide competent representation *240 Kan. R. Rel. Disc. Art. 1.1*
- A lawyer shall act with reasonable diligence and promptness in representing a client *240 Kan. R. Rel. Disc Art. 1.3*
- To be a competent diligent lawyer you must be a healthy lawyer



"A tree with strong roots laughs at the storm." Malay Proverb

Establish your roots to best position you to competently and diligently practice law.

- Get your rest;
- Stay active;
- And eat right!





Sleep Deprivation

- Is linked to multitude of health problems that decay the mind and body;
- Causes cognitive impairment and decreased concentration;
- Triggers biases in behavior, causing you to focus on negative info when making decisions; and
- Without sleep memory organization cannot happen; it prevents you from processing and interpreting information in general.

During sleep the body replenishes itself

- The body clears wastes and fluids from tissues, the “washing” cycle is on overdrive at night;
- Without sleep memory organization cannot happen;
- You are unable to effectively process and interpret information.





Do you want to practice law like a baboon?

- The amygdala is 60% more active in sleep deprived people;
- When your amygdala is in overdrive your prefrontal cortex isn't able to calm down;
- You remain in fight, flight, freeze; and
- You are less able to filter what is truly important, everything is a big deal.



Don't Practice Law Impaired!

If you only have four to five hours of sleep per night for four to five consecutive days in a row, you develop the same cognitive impairment as if you had been awake for twenty-four hours the equivalent to being legal drunk.

**Change in Sleep Duration and Cognitive Function:
Findings from the Whithall II Study (Dec 2013)*

Nah...
I'd rather sleep



GET SOME
TIPS to SLEEP



- Get moving— Physical activity promotes good sleep;
- Watch what you eat and drink before 2:00pm;
- Keep your bedroom for sleeping;
- Stick to bedtime rituals that are calming;
- Don't ruminate- accept you are not perfect



Don't Forget Daytime R&R

- Clarity Breaks – a blank sheet of paper and a beginner's mind
- Mindful [moments](#)
- Exercise Gratitude
- *“Change the way you look at things and the things you look at change.”* See obstacles as opportunities.



The Feedback Loop from Hell

You worry about making the right decisions. The worry keeps you up at night and you worry because you can't fall asleep. You begin to worry about being worried, and you can't sleep because of the worry. Now you're sleep deprived and worrying why everything is such a big deal.

Oh no, you are now worried times three, sleep deprived and everything seems to be a big deal!




The Backwards Law

- *Wanting positive experience is a negative experience; accepting negative experience is a positive experience.* – Alan Watts
- *“Any attempt to escape the negative, to avoid it or quash it or silence it, only backfires. The avoidance of suffering is a form of suffering. The avoidance of struggle is a struggle. The denial of failure is a failure. Hiding what is shameful is itself of a shame....it’s the f*cks not given made all the difference.”*
– Mark Manson, *The Subtle Art of Not Giving a F*ck* (2016)



Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.

-John F. Kennedy



Exercise is the only behavioral activity scientifically proven to trigger biological effect that can help the brain.



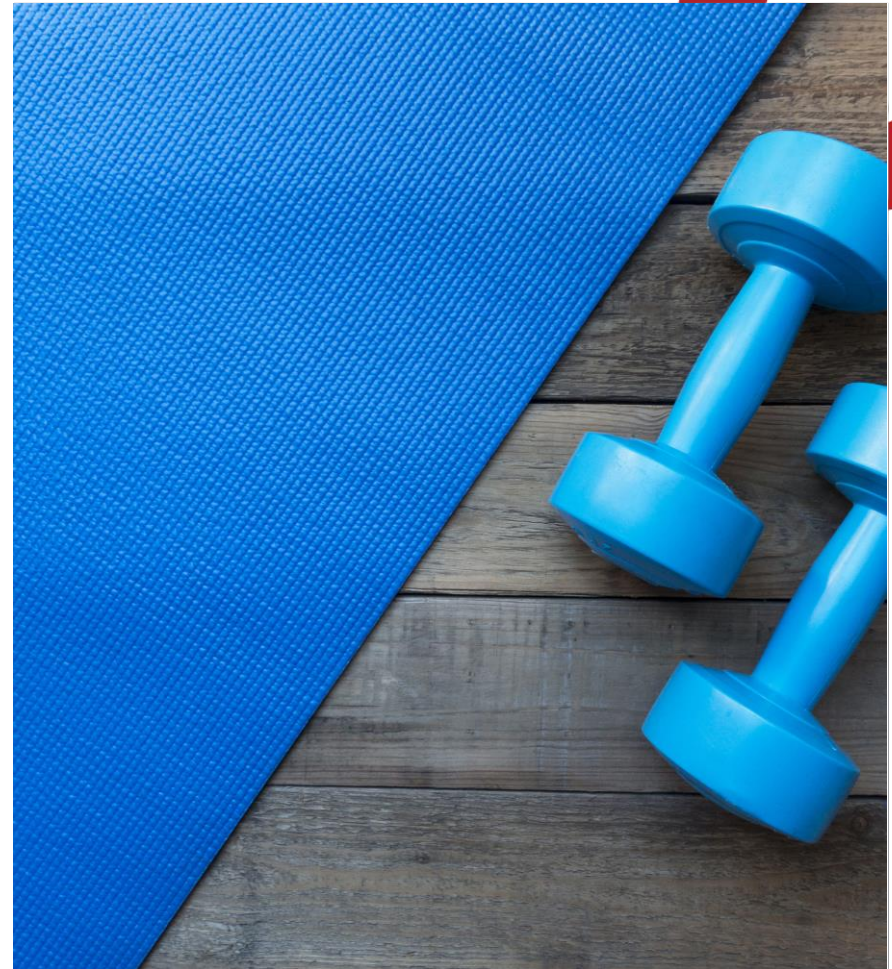
sweatin out
— all my —
BAD
DECISIONS

*Exercise makes
you smarter...*

- Helps you think more quickly, and clearly, and be more focused productive and alert;
- Improves brain function and cognition and has been associated with improvements in memory, attention, and speed in cognitive processing;
- Increases repair and maintenance of brain cells; and
- Helps control blood sugar, facilitates oxygenated blood flow, delivering nutrients for neural cell growth and maintenance.

Exercise makes you happier...


- Reduces stress and anxiety, improving sleep and mood;
- Can be as effective in improving symptoms of depression as medication and therapy;
- Can be an effective form of recovery because low effort activities can increase subjective feelings of fatigue;
- Increases self worth and confidence.





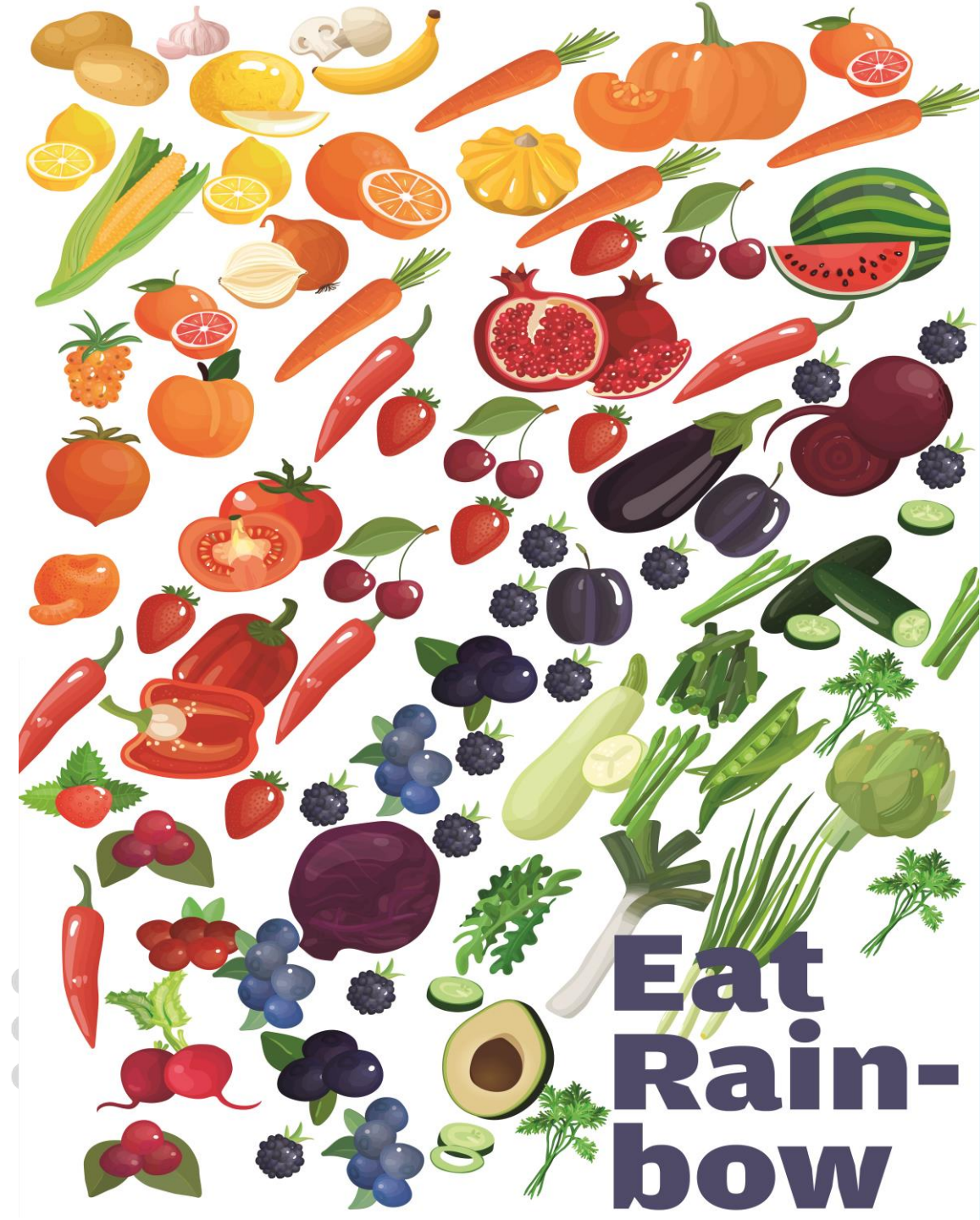
*"Just try to break
a sweat every
day."*

- Matthew McConaughey



Nutrition provides the proper building blocks for the brain to make and maintain connections critical to improved cognition.

- Dr. Sanjay Gupta; "Keep Sharp" (2021)



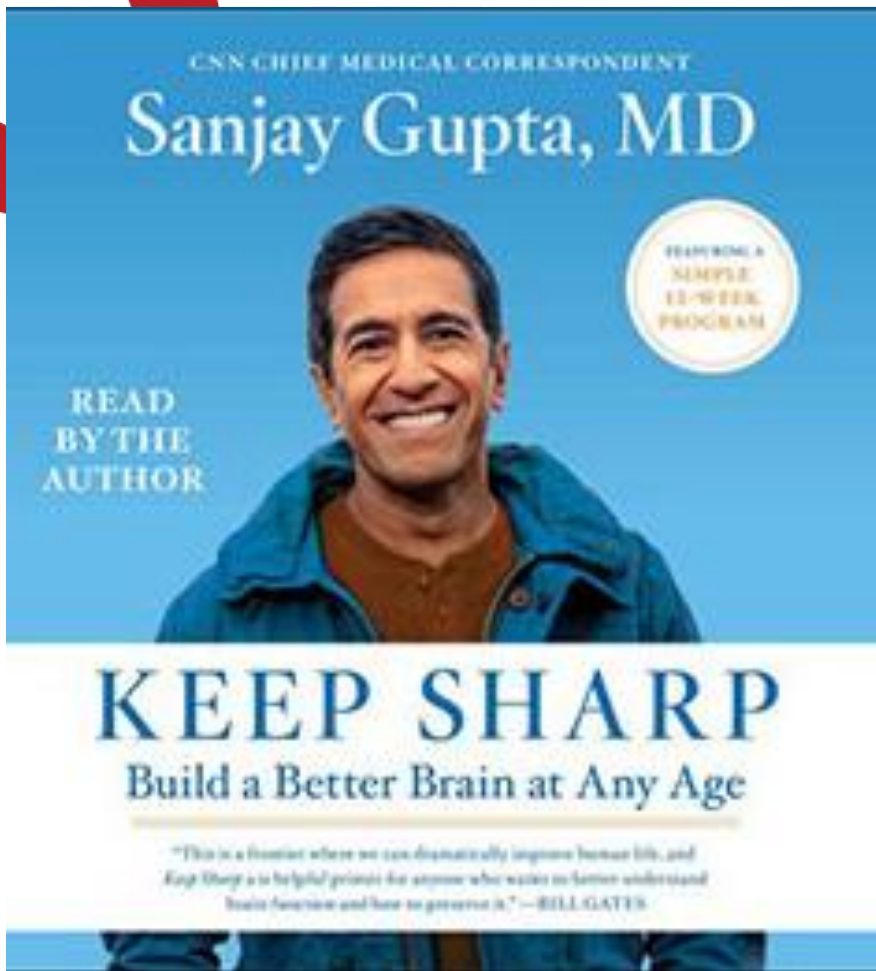
Our brains require premium fuel to function best...

- Green leafy veggies (kale, spinach, broccoli) slow cognitive decline;
- Omega-3 (tuna, salmon, brussel sprouts, spinach, avocados) facilitate communication between brain cells, sharpens memory and improves mood;
- Berries improve memory;
- Caffeine can sharpen concentration;
- A diet rich in sugar and saturated fats serves to reduce cognitive functioning.



But too much caffeine can be bad...

- Irritability and headaches when you have withdraws;
- Can cause confusion;
- Prevents calcium absorption in the bones, increasing risk of osteoporosis;
- Can make anxiety or sleep disorders worse



Be a Sharp Lawyer

- **S**lash- the sugar and processed foods, they are toxic to the brain and decrease productivity
- **H**ydrate- even moderate dehydration can sap your energy
- **A**dd omega-3 fatty acids they provide building material for the brain
- **R**educe portions, large portions cause inflammation
- **P**lan ahead or your animal instincts will take over



Establish your strong roots.

- You are always developing new neuro pathways ... cleanse, grow, and repair your brain.
- Learning can happen at any age.
- Foster every opportunity to maximize the practice of competency and diligence.
- Be a healthy lawyer.

