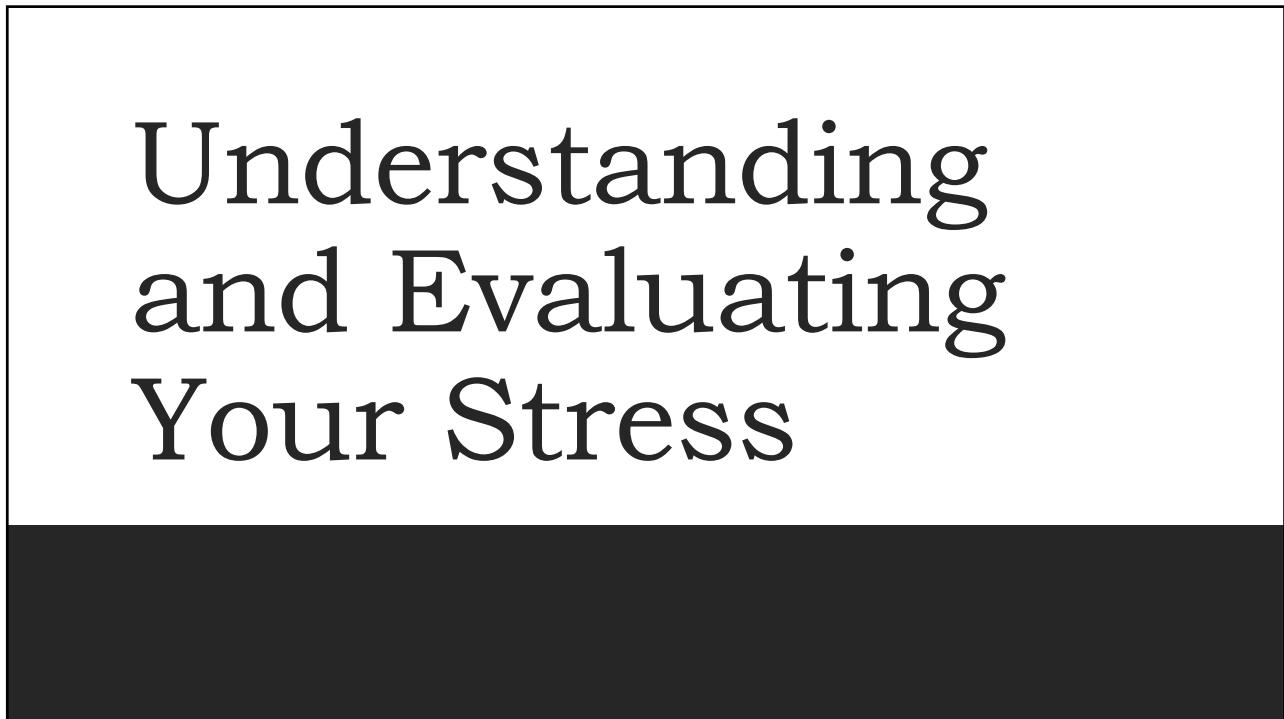


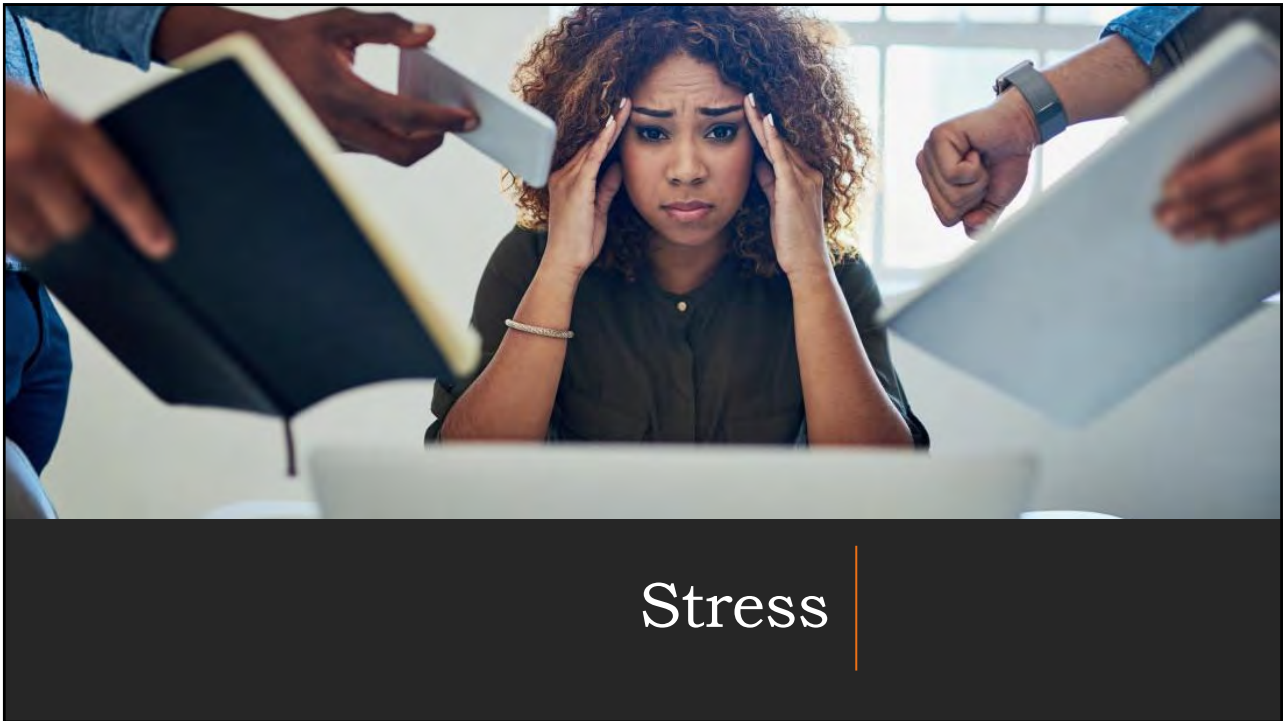
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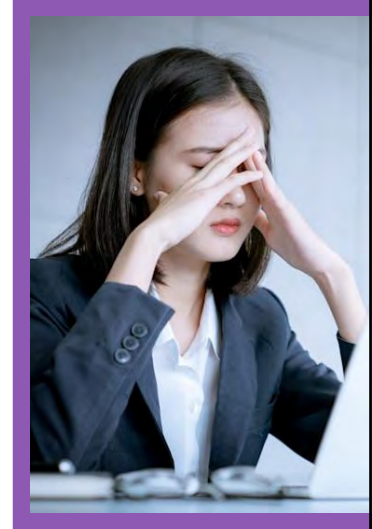
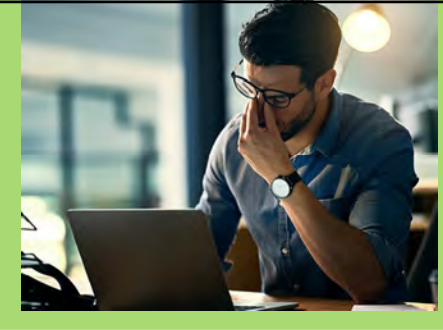
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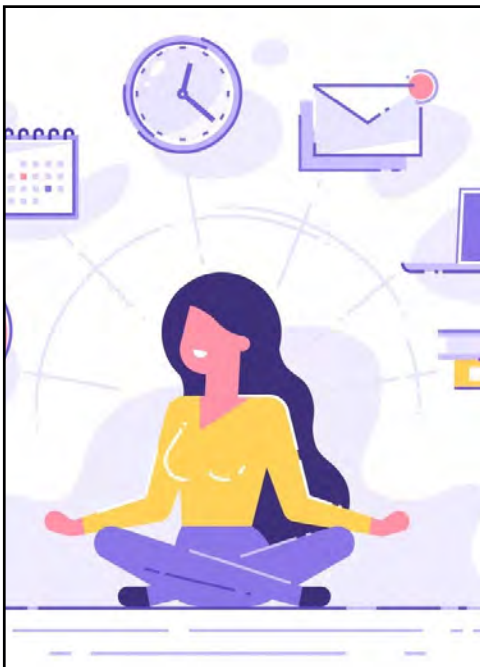
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What is Stress?

The psychological perception of pressure and the body's response to it.

5



Eustress

Good Stress

The positive cognitive response to a challenge that is healthy or gives one a positive feeling.

Effects include:

- Encourages creative thought
- Enhances performance
- Energizes

6

Distress

Bad Stress

Stress is perceived as an unfavorable or oppressive demand, and it involves negative cognitive response.



7



Fight or Flight

When we're faced with a situation that causes anxiety or fear, our bodies will respond with a sudden, involuntary display of symptoms like:

- A racing heart
- Dilated pupils
- Shallow, rapid breathing
- Tensed muscles

8



9

What Are Your Sources of Stress?

- Daily Hassles
- Major Life Changes
- Life Circumstances

Instructions: Identify any stressors in each of these areas – Give them a rating between 1-10. 1 being a little stressful and 10 being extremely stressful.

10

Go to [menti.com](https://www.menti.com) and use the

How does your body respond to stress?

Content [X]

Your question ⓘ
How does your body respond to stress?

[Add longer description](#)

Entries per participant ⓘ
3

Extras
Let participants submit multiple times ⓘ

[Remove question](#)

DH
Account

[Content](#)

Design

Settings

Got feedback?

11



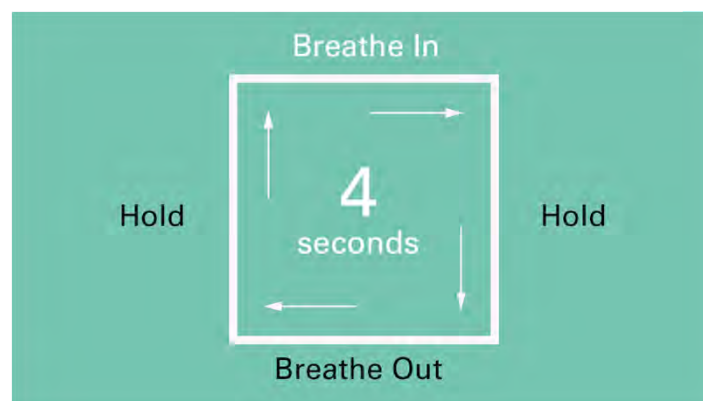
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Breath Awareness

- When a person is under stress, their breathing pattern changes. Typically, an anxious person takes small, shallow breaths, using their shoulders rather than their diaphragm to move air in and out of their lungs.
- The stress response can be reduced by consciously breathing using the diaphragm.
- Abdominal breathing helps to control the nervous system and encourages the body to relax, bringing about a range of health benefits.

13

Box Breathing



14

Stretching Can Help Relieve Stress

- Stretching reduces the muscle tension, thereby reversing the cycle of tension, then tightening, and pain.
- Stretching has been shown to increase serotonin levels – i.e., the hormone that helps stabilize our mood, reduce stress, and overall makes us feel good – which causes a decrease in depression and anxiety.

15



Chair Stretches

16

Take Breaks



Even a few minutes of personal time during a busy workday can be refreshing.



Take a lunch break away from your desk.



Similarly, take time off when you can, whether it's a two-week vacation or an occasional long weekend.

17

Evaluating Our Stress Triggers At The Office

Take a stress inventory for two-weeks

- Where were you?
- Who was involved?
- What was your reaction?
- How did you feel?

18



Emotions

19



Emotions

EMOTIONS ARE PSYCHOLOGICAL STATES THAT INCLUDE SUBJECTIVE, PHYSIOLOGICAL, AND BEHAVIORAL ELEMENTS.

20

Question Time

What one word best describes your feeling today?

What caused you to feel this way?

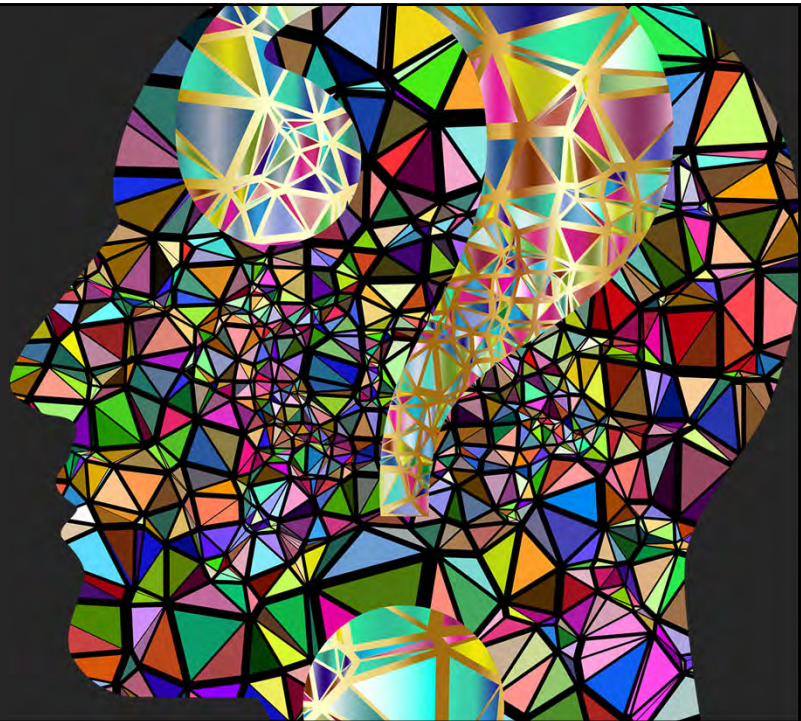
How have you expressed this feeling so far today?



25

What Makes Us Emotional?

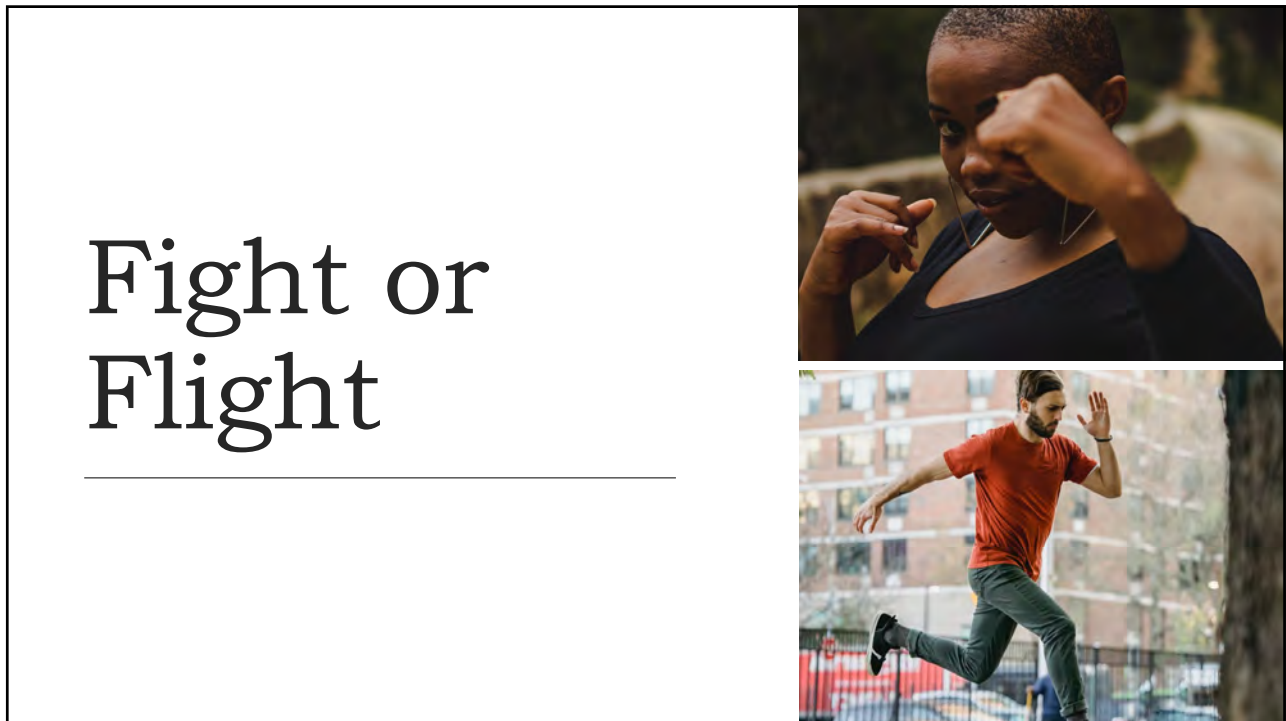
- A physical event
- A social interaction
- Remembering or imagining an event
- Talk about, thinking about, or physically reenacting a past emotional experience



26



27



28

Go to menti.com and use the code 5330 2207

What can make lawyers feel fearful or anxious?

Content

Your question ⓘ
What can make lawyers feel fearful or anx

[Add longer description](#)

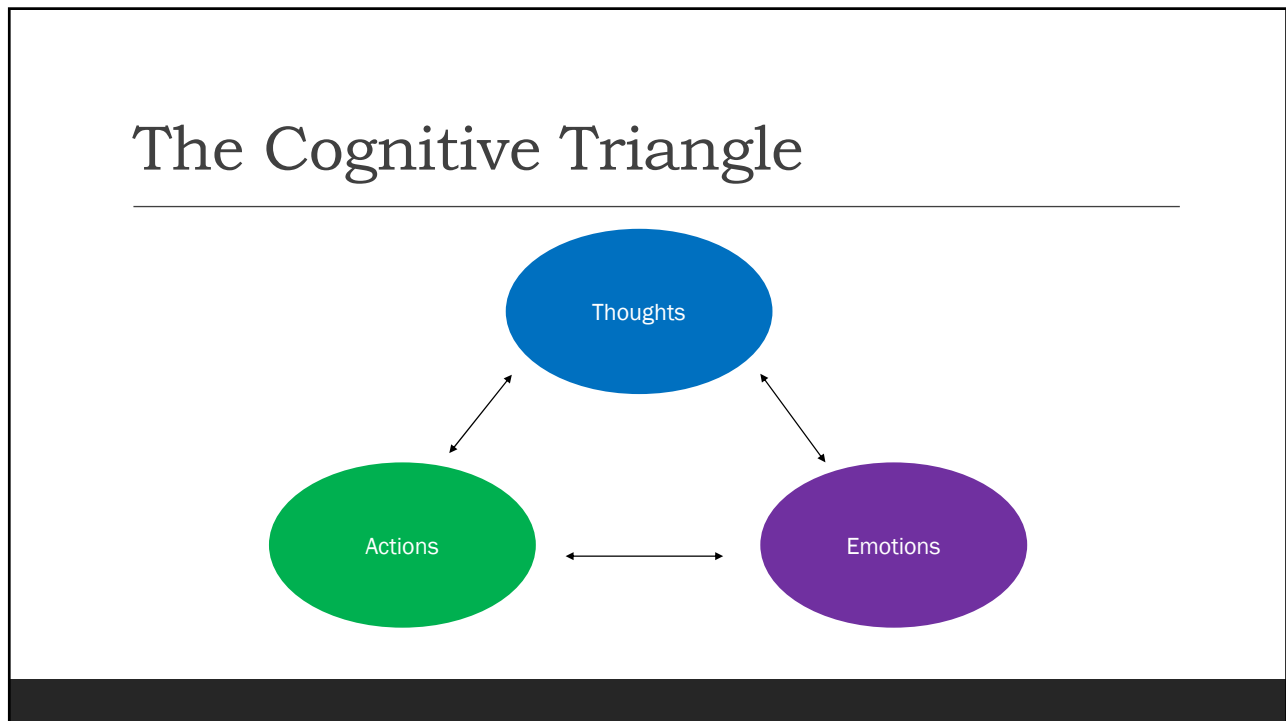
Entries per participant ⓘ
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Extras
Let participants submit multiple times ⓘ

[Remove question](#)

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30

Cross-Examine Your Own Thinking

Thoughts create emotions

Emotions create actions

Actions create results



31

“Procrastination is an
emotional regulation
problem, not a time
management problem”

Dr. Tim Pychyl

32

Procrastination Activity

Task/Goals	Feelings and Thoughts	Costs Associated with Procrastination	Benefits of Acting In a Timely Fashion

33



Lawyers Tend to Dwell on Circumstances

34

CONTROL ACTIVITY

What I can control in the situation	What I cannot control in the situation

35

ACTIVITY OUTCOMES

1. Your stress goes way down because you see and accept your lack of control.

2. Your energy, focus, and capacity to perform improves because you will not be distracted from doing your best at what is yours to do.

3. Your happiness, whether things go as you prefer or not will increase markedly as you realize you did everything that is in your control.

36



We Tend to Bring Things Home With Us

37

Switching Between Work and Off-Work Modes

Make this a conscious process,
talk to yourself as you switch

Develop rituals that help you
switch as you start and stop work

- Shutting the laptop screen
- Closing the door when you leave

If you work from home, have a
separate space to work



38



Debriefing

Talking about the traumatic event or material, how you feel about it and how you are personally affected by it.

39

Brain Dump



Instructions: Write down everything you are thinking that is work related or all the things you are needing to get done tomorrow.

40

Daily Practices

01

Practicing Gratitude

02

Finding Meaning and Purpose

41

Gratitude

- Increased happiness and positive mood
- more satisfaction with life
- less materialistic
- less likely to experience burnout
- better physical health
- better sleep
- less fatigue
- lower levels of cellular inflammation
- greater resiliency
- encourages the development of patience, humility, and wisdom

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Research Study Found:

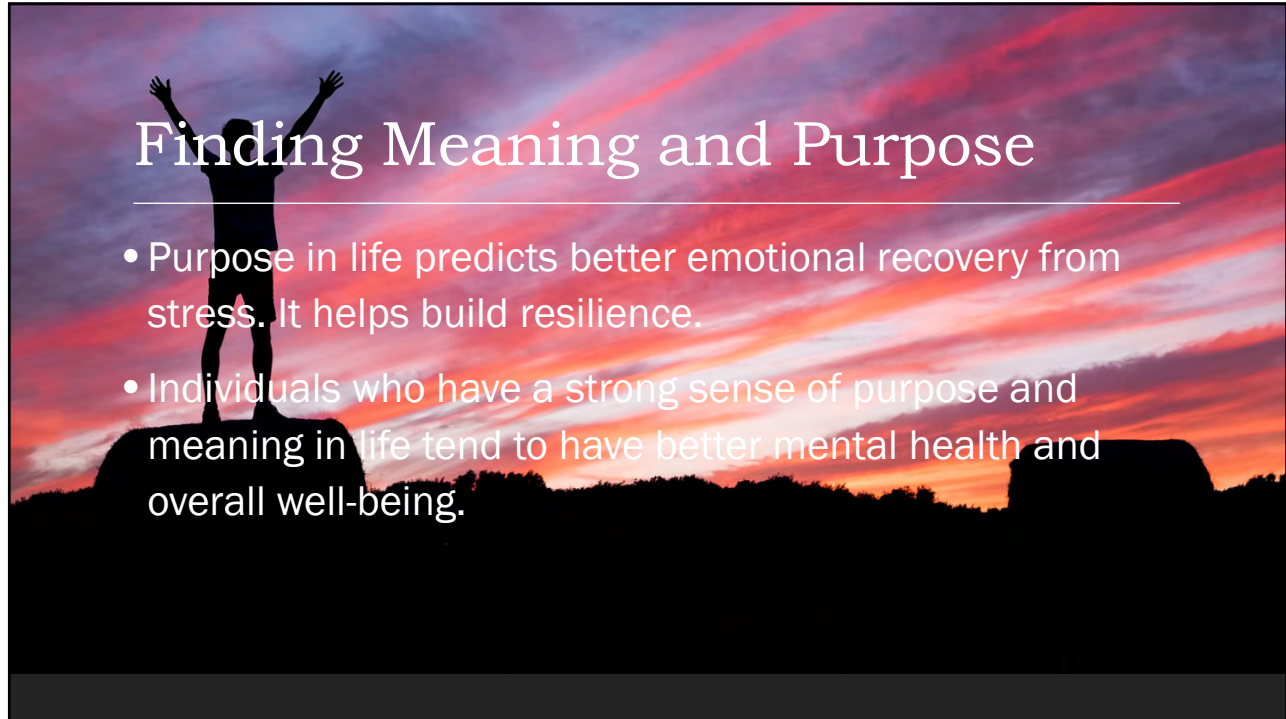
- Gratitude disconnects us from toxic, negative emotions and the ruminating that often accompanies them. Writing a letter “shifts our attention” so that our focus is on positive emotions.
- Expressing gratitude helps us even if we don’t explicitly share it with someone. We’re happier and more satisfied with life because we completed the exercise.
- The positive effects of gratitude writing compound like interest. You might not notice the benefit of a daily or weekly practice, but after several weeks and months, you will.
- A gratitude practice trains the brain to be more in tune with experiencing gratitude – a positive plus a positive, equal more positives.

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Practicing Gratitude

- Pull out a piece of paper
- Write what you are grateful for today

44



Finding Meaning and Purpose

- Purpose in life predicts better emotional recovery from stress. It helps build resilience.
- Individuals who have a strong sense of purpose and meaning in life tend to have better mental health and overall well-being.

45

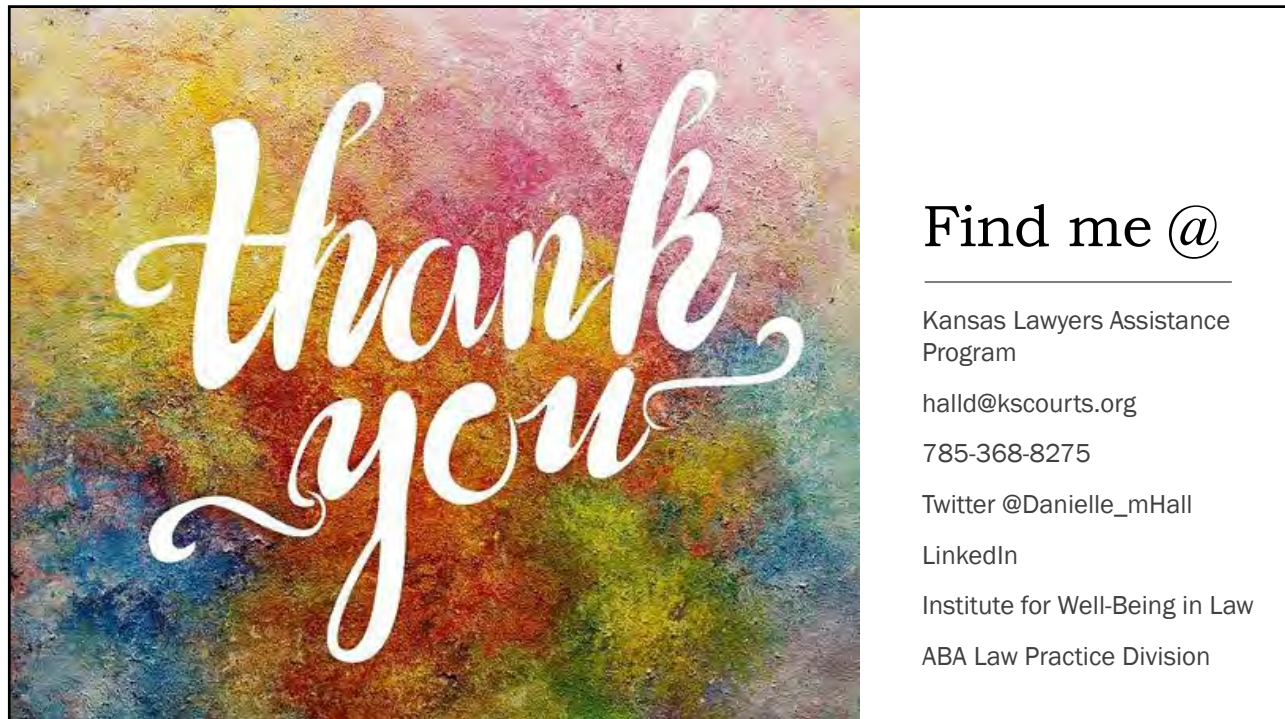
What Sustains You in Your Work?

46



Make Time for Self-Care

47



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