

# Let's Move From Surviving to Thriving

Mental Fitness Strategies  
for Legal Professionals



# Resources



# Mental Health Continuum



# Current Stressors

- Collective Trauma
- Economic uncertainty
- Political divide and unrest globally
- Challenges managing uncertainty & change
- Personal challenges/life events
- Balancing dependent care



**Success begins with an awakening, an honoring of the past for how it has shaped and molded us, and a choice to take responsibility for our path going forward.**



“

Acceptance  
**If you don't like  
something, change  
it. If you can't  
change it, change  
your attitude.**

Maya Angelou

”



# Control what you can, let go of the rest

## **What you can control:**

- Your own thoughts
- Your own emotions
- Your own behaviors
- Your own choices

## **What you can't control:**

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcomes

# Internal Sources of Stress

- Unrealistic expectations
- Negative beliefs and attitudes
- Self-sabotaging behaviors
- Poor self-care habits



# Mental Health Tips

- Prioritize your mental health & wellbeing
- Create structure to your day
- Take a break from the news
- Take time for mindfulness practices





# Overview of Mindfulness

- Maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment
- Noticing our thoughts and feelings without judging them
- Allows us to respond, rather than react

# Benefits of Mindfulness

- Enhances relationships
- Improves job performance
- Reduces chronic pain
- Increases focus and attention, and improves decision-making skills
- Improves creativity, memory, and cognitive flexibility
- Improves mood, empathy, and overall quality of life
- Boosts immune system

Source: Glomb, T. M., Duffy, M. K., Bono, J. E., & Yang, T. (2012). Mindfulness at work. *Research in Personnel and Human Resource Management*, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128-133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain

# Benefits of Mindfulness, cont

- Decreases anxiety, stress, depression, tiredness, and irritability
- Increases emotional intelligence
- Encourages healthier eating habits
- Improves heart and circulatory health
- Aids in recovery from substance use
- Improves sleep
- Increases financial well-being

Source: Glomb, T. M, Duffy, M. K, Bono, J. E., & Yang, T. (2012). Mindfulness at work. Research in Personnel and Human Resource Management, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128-133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain

## Presence

**Be as least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.**

ECKHART TOLLE

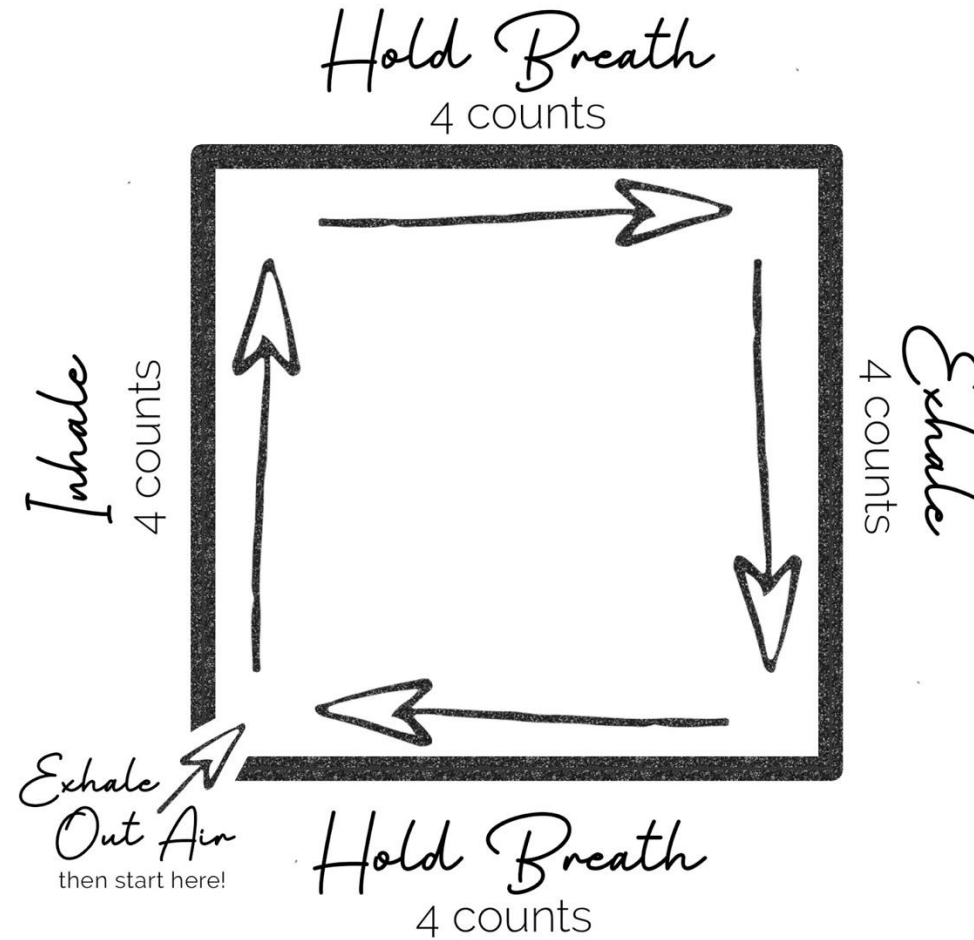


# Strategies to Increase Mindfulness

- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Yoga
- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation
- Morning routine



# Square Breathing



# The Disease of Being Busy & Multitasking

- Hampers Creativity
- Drains Energy
- Reduces Wellbeing
- Reduces Efficiency
- Kills Prioritization
- Decreases Quality
- Shrinks Brain

Taken from Stanford University "Cognitive Control in Media Multi-Taskers" Study



# Mindful Workplace Exercises

- Start your day with a mindful moment and plan for mindful breaks
- Slow down to increase your productivity
- Switch off distractions
- Be a single-tasker
- Pay attention to your coworkers

Source: <https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day> <http://www.mindful.org/10-ways-mindful-work/>



# Mindfulness & Emotional Intelligence

- Know your emotions
- Manage your emotions
- Motivate yourself
- Recognize and understand other people's emotions
- Manage relationships (manage the emotions of others)



# Low EQ

- Emotionally triggered
- Aggressive, passive or passive aggressive
- Participation in:
  - Scapegoating
  - Blaming
  - Bullying
  - Gossiping



# High EQ

- Low insecurity
- High openness
- Assertive
- Self-aware
- Inclusive
- Respectful
- Takes responsibility for actions



# Conflict Resolution Tips

---

1

Become rooted in the present

2

Let go of defensiveness

3

Take responsibility

4

Appreciate the power of empathy

5

Practice flexibility, adaptability, & compromise

“

## Positivity

**A man is but the  
product of his  
thoughts...what he  
thinks, he becomes.**

MOHANDAS GANDHI

”



# Keep Your Thinking Positive

- Turn down volume of your inner critic
- Detach from fear
- Avoid catastrophic thinking
- Practice the power of affirmations and mantra



# Change Your Language

- “I don’t” to **“I do”**
- “I won’t” to **“I will”**
- “I can’t” to **“I can”**
- “I’m not” to **“I am”**

SITUATION	THOUGHT	EMOTION	BEHAVIOR	ALTERNATE THOUGHT
Your coworker received the promotion instead of you.	"I suck."	Anger, sadness, shame	Sulky and passive-aggressive	"There will be a better opportunity for me in the future."



## Practice Gratitude

**He is a wise man who does not grieve for the things which has not, but rejoices for those which he has.**

EPICETETUS



## Detachment

**Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.**

ARLENE ENGLANDER



# Detach with Love

- Detachment doesn't mean you don't care, aren't connected or are in denial
- Detachment is a mindfulness practice that involves:
  - Healthy separation
  - Not attaching your wellbeing to others
  - Not trying to control others
  - Not getting hooked
  - Not becoming defensive



# Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Expectations
- Outcome (embrace uncertainty)



# Detachment Strategies

---

Visualization of protective barrier



Unhook from conflict



The Container Exercise



Zoom out for greater perspective



Lifeguard analogy

**Resentment is like  
drinking poison and then  
hoping it will kill your  
enemies.**

**- Nelson Mandela**



# Practice Self-Love

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

~ Buddha



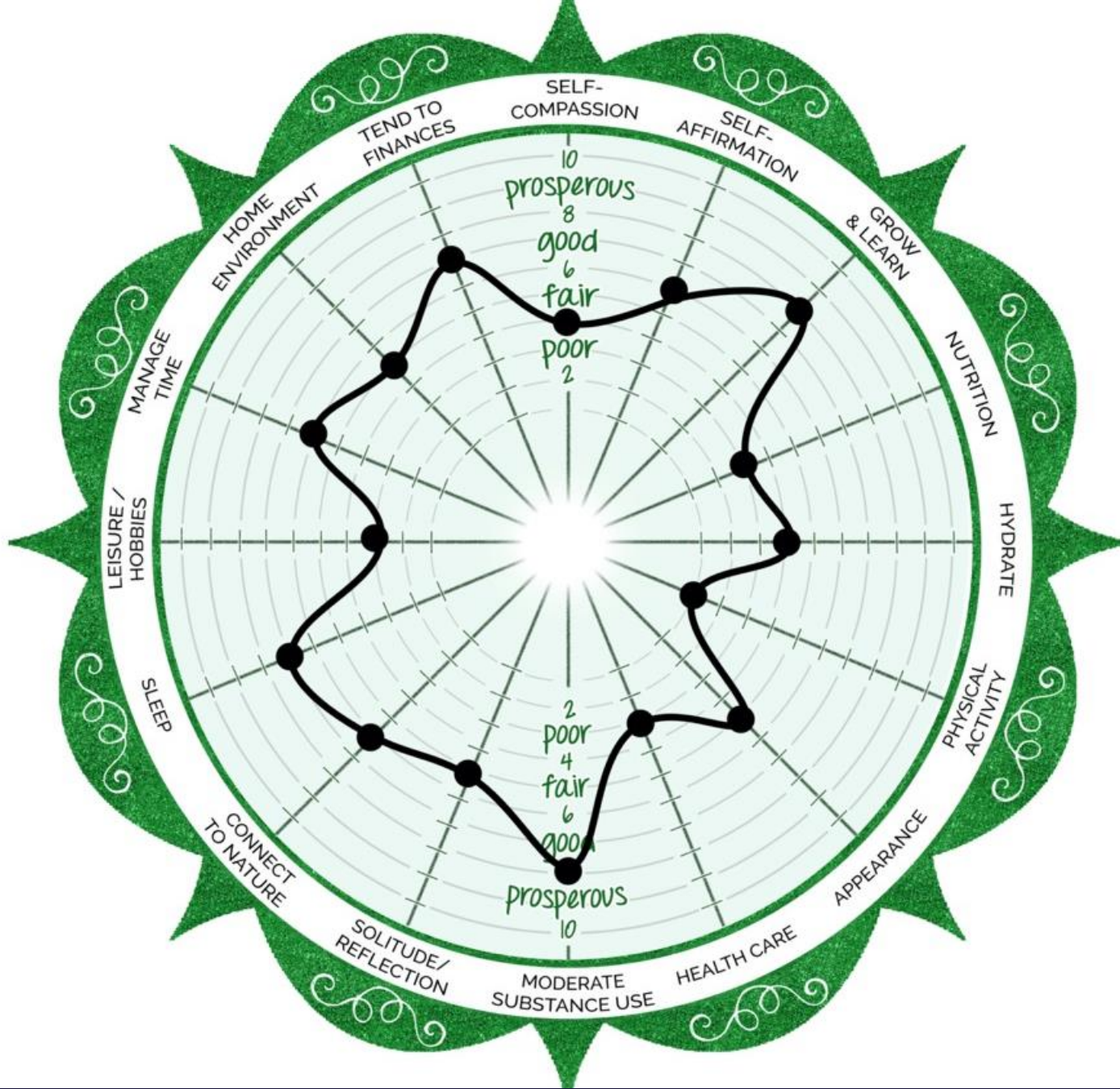
**Having a healthy relationship with yourself is essential for happiness. Choose to be your own good parent, best friend, and greatest advocate.**



# Prioritize Your Own Well-Being

- Set healthy limits and boundaries with assertive communication
- Honor your feelings, don't judge or ignore them
- Practice self-forgiveness
- Honor your personal priorities
- Keep asking, "Am I making the choices I want?"





**Sample  
Completed  
Self-Care  
Wheel**

“  
Support

**Alone we can do so  
little, together we can  
do so much.**

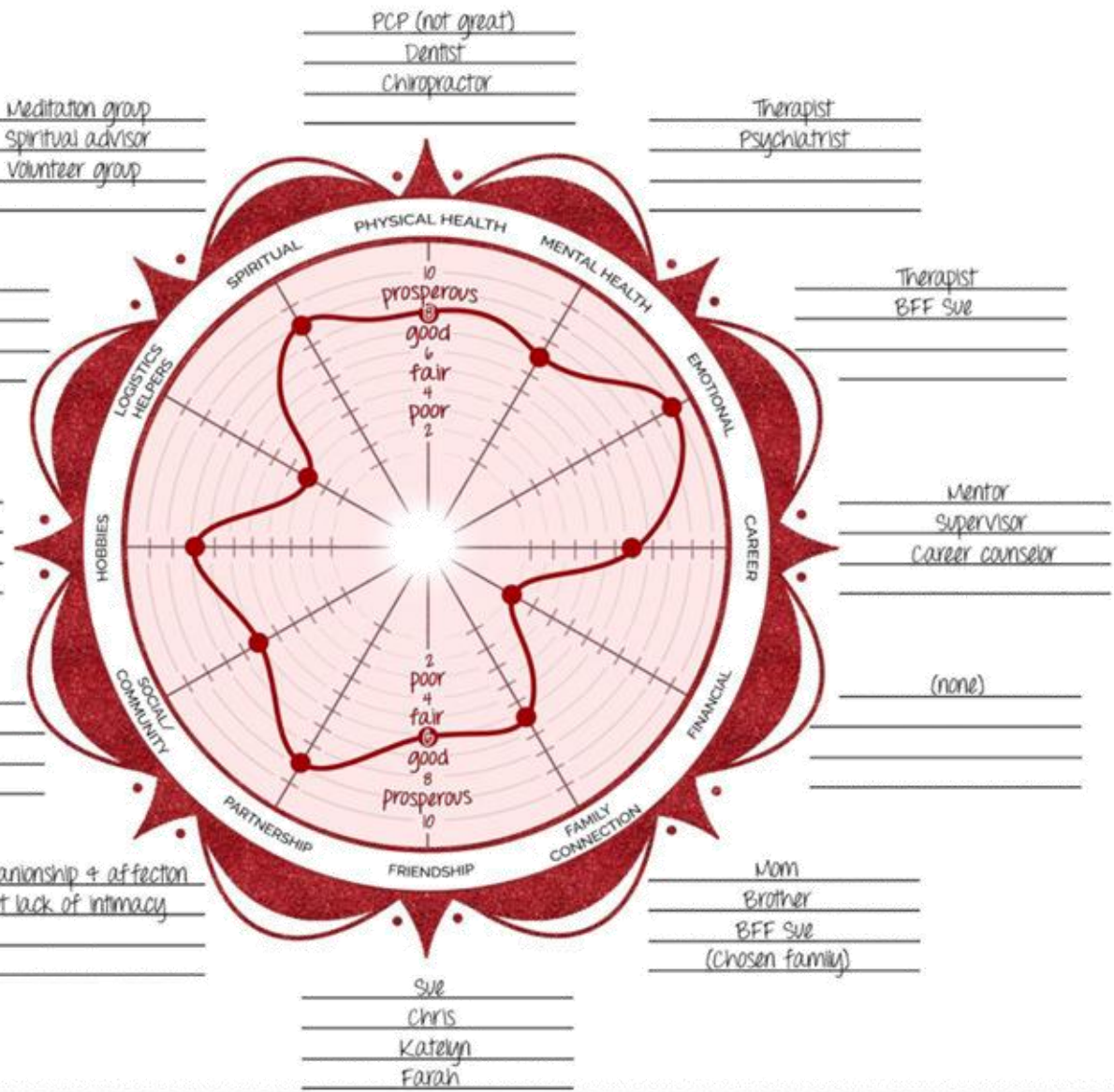
HELEN KELLER

”



# Barriers to Accessing Support

- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness



# Sample Support Network Wheel

# Access Support

- Avoid isolating with your feelings
- Connect with loved ones
- Ask for what you need from those who are capable of providing it
- Access community
- Consider counseling or coaching



Resilience

**Life will give you  
whatever experience is  
most helpful for the  
evolution of your  
consciousness.**

EKHART TOLLE



# Key Components to Building Resilience

- Prioritize your mental health & wellbeing
- Seek and give support
- Strive for work/life balance
- Engage fully in life; don't isolate yourself
- Develop a sense of purpose/meaning in life



# Michigan Lawyers & Judges Assistance Program (LAP)

<https://www.michbar.org/generalinfo/ljap/home>

- 800-996-5522
- Free Consultations for legal professionals and their families
- Clinical assessments
- Referrals to properly trained, credentialed, and effective providers
- Professional training and educational presentations
- Virtual support group for lawyers



# Meditation Resources

- [Insight Timer](#)
- [Calm: 30 Days Free](#)
- [Headspace: Free Trial](#)
- [Jack Kornfield: Compassion in the Time of Coronavirus](#)
- [Eckhart Tolle](#)
- [Jon Kabat-Zinn](#)
- [Tara Brach](#)





**“GRAND PRIZE WINNER”**

2023 Next Generation Indie Book Awards



**“BEST IN SELF-HELP”**

2023 Next Generation Indie Book Awards



**“GOLD MEDAL WINNER”**

Readers' Favorite Book Reviews and Awards  
Independent Publisher Book Awards  
Global Book Awards



**“DYSINGER AWARD FOR OUTSTANDING PUBLICATION IN COUNSELING”**

Illinois Counseling Association



**“CATEGORY FINALIST”**

The Eric Hoffer Book Awards!



**“RUNNER-UP IN NON-FICTION”**

San Francisco Book Festival



**“HONORABLE MENTION - GENERAL NONFICTION”**

Southern California Book Festival  
Hollywood Book Festival  
New York Book Festival  
London Book Awards  
Los Angeles Book Festival  
Paris Book Awards



# Give feedback to Joyce

Scan this QR code



Or go to

<https://talk.ac/joyce-marter>

and enter this code when prompted

THRIVING

Powered By 



# Thank You!

[www.joyce-marter.com](http://www.joyce-marter.com)  
[joyce@joyce-marter.com](mailto:joyce@joyce-marter.com)



Joyce\_Marter



Joyce Marter



Joyce.Marter



Joyce Marter



JoyceMarterLCPC



Joyce\_Marter



**Scan me!**

**THRIVING**

**Joyce Marter**