

KEEPING IT TOGETHER

BOB CHURCH, DIRECTOR UPC



!!**^^^#!!

STRESS

DEPRESSION

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**AS LONG AS THERE ARE LAWYERS THERE
IS ALWAYS GOING TO BE A NEED FOR
THERAPISTS.**

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TYGER LATHAM, PHD, GRAD SCHOOL PROFESSOR'S QUOTE

**“BECAUSE THE VERY THING THAT MAKES SO MANY LAWYERS STRESSED/DEPRESSED
PRACTICING LAW IS THE VERY THING THEY ARE UNWILLING TO GIVE UP.”**



(THINK HAPPY THOUGHTS FOR A MINUTE)

WHAT CAUSES STRESS - DEPRESSION?

- **TOO MUCH WORK**
- **TYPE A, PERFECTIONIST PERSONALITIES**
- **HIGHLY COMPETITIVE ENVIRONMENT**
- **ADVERSARIAL ENVIRONMENT**
- **CO-WORKERS**
- **OFFICE POLITICS**
- **STATE/COUNTY/CITY POLITICS**
- **NOT PRODUCING**
- **LONG HOURS**
- **NOT TAKING VACATION/TIME OFF**
- **BIG CASES**
- **VICTIMS**
- **DEFENDANTS**
- **FAMILY**

RECOGNIZING THE SIGNS

- **ANGRY – IRRITABLE – MOODY**
 - **THE “B” FACTOR**
 - **BEE-YATCH – BASS-TURD**
- **EMOTIONAL OUTBURSTS**
- **HIGH BLOOD PRESSURE**
- **DEMANDING**
- **VIOLENT BEHAVIOR**
- **SADNESS – LOSS OF INTEREST – TROUBLE SLEEPING – SLEEPING TOO MUCH - LACK OF APPETITE – FEELING ANXIOUS**
- **WITHDRAWING FROM FAMILY – FRIENDS**
- **NO SENSE OR PURPOSE TO LIFE**
- **NO SOLUTION TO PROBLEMS**
- **POOR WORK PERFORMANCE**

UNHEALTHY WAYS OF DEALING WITH STRESS

- **ALCOHOL**
- **TOBACCO**
- **DRUGS**
- **VIOLENCE**
- **RISKY BEHAVIOR/DECISIONS**
- **EATING**



HOW TO KEEP IT TOGETHER

- **TAKE A FREAKIN' VACATION!!!**
- **GET ENOUGH SLEEP**
- **MAINTAIN –DEVELOP SOCIAL RELATIONSHIPS**
- **GET A HOBBY**
- **EXERCISE**
- **SET REALISTIC GOALS**
- **SET SHORT TERM GOALS**
- **LEAVE THE WORK AT THE OFFICE**
- **BE FLEXIBLE TO CHANGE**
- **TAKE CONTROL WHERE YOU CAN; BUT**
 - **BE WILLING TO DELEGATE**
- **TAKE TIME OFF**
- **BREATHE - REALLY**

LAUGH!!!



QUESTIONS COMMENTS

