



**Oregon Women Lawyers
&
Oregon Attorney Assistance Program**

present

**Building Resiliency During
Uncertain Times**

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12:00 – 1:00 p.m.**

Presenters:

**Oregon Attorney
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Building Resiliency During Uncertain Times

I. Introduction

- a. Oregon Attorney Assistance Program (OAAP)
 - i. Assistance to lawyers, judges and law students in personal and professional matters such as stress, anxiety, depression, relationships and substance use.
 - ii. Free, confidential and voluntary.

II. Well-Being & Stress in Times of Uncertainty

- a. Stress: State we experience when there is an actual or perceived threat (biological response)
 - i. Short-term stress results in physiological symptoms that optimizes the mind, brain and body for action.
 - ii. Chronic stress leads to higher levels of cortisol, reduction of brain size, and shrinks the hippocampus (affecting memory and learning).
- b. Well-Being: The National Task Force on Lawyer Well-Being stated, “Well-being cannot be defined just by the absence of illness but also encompasses a positive state of wellness.”
- c. Times of uncertainty create stress that activate our coping or defensive mechanism, and safety-seeking strategies.
 - i. Unhealthy coping behaviors include poor sleep/excess sleep, overconsumption, being sedentary/inactive, overly active, social withdrawal, or avoidance, over use of escape activities like gaming, social media.

- III. Traumatic Stress:** Being unable to manage in a healthy way during stressful periods increases the risk of negative physical and mental health. When stress overwhelms our capacity to cope, we experience trauma.
- i. **Defining Trauma:** Trauma is the unique individual experience of an event or enduring conditions in which the individual's ability to integrate his/her emotional experience is overwhelmed and the individual experiences (either objectively or subjectively) a threat to his/her life, bodily integrity, or that of a caregiver or family (Saakvitne, K. et al, 2000).
 - ii. Connection with a safe and supportive other(s) is the fastest way we can help one another and regulate our emotions.
- IV. Loss/Grief and Guilt/Shame**
- i. **Loss & Grief:** Collective loss (loss of routine, loss of day-to day world as we knew it or loss of gathering) can lead to grief.
 - ii. **Guilt & Shame:** The ways we cope with uncertainty can lead to guilt and shame
- V. Developing Adaptive Coping Skills and Cultivating Resilience**
- i. Resilient lawyers are able to cope in an adaptive way and find safety as well as comfort in others during stressful times. The American Psychological Association (APA) has defined resilience as the process of adapting well in the face of trauma or tragedy, threats or other significant sources of stress (Southwick et al., 2014). Resilience can be viewed as a trait, a process and an outcome.
 - 1. **Collective Resiliency:** Ability to find strength and adopt coping strategies from learning/witnessing others navigate their challenges.

ii. Tips for Cultivating Resilience:

1. Pay Attention to Your Own Stress Signals: Recognizing signs and symptoms of stress is important to navigating stress. Think about a traffic light with the colors green, yellow and red, as a rating system.

Are you in the green zone, meaning your mind and body feels well enough to keep going?

If yes, keep going.

Are you in the yellow zone, in which case, you are beginning to become overwhelmed by your thoughts, feelings and actions?

Slow down and look at the areas in your life (physical, emotional, social, spiritual and occupational, cultural) that may need adjustments or added nurturing (see attached Dimensions of Lawyer Well-Being)

Lastly, are you in the red zone, where you are experiencing situations or events as unmanageable?

Pause, and consider seeking support or help from friends, peers, colleagues, or professionals.

2. Consider the acronym **SAVE** (as in Resilience **SAVEs**):
 - **S**ocial Connection: Connect with like-minded people or create your supportive community and maintain a socially resilient environment with whom you can debrief, feel understood, accepted, and receive guidance or be gently challenged.
 - “Secure attachment is the antidote to trauma” (Allen, 1995). When we are able to turn to our significant and supportive relational connections and receive safety and comfort during times of uncertainty, we start the process of healing from trauma.

- Mirror neurons & Resonance behavior: Mirror neurons refer to the same neurons lighting up in our brain when we act and when we watch someone else performing a similar action. When we experience the emotions of others people, we imitate it internally or overtly and come to understand it (resonance) (Cozolino, 2014). People have the unique ability to experience empathy because we can think and feel (embody) the circumstances of others.
- Practice community care by allowing yourself to be cared for by others (ex. having someone deliver you food) or taking the time care for someone else (ex. purchasing essential supplies or checking in with a call).
- **Attitude:** Increase your internal locus of control, build positivity, and adopt a growth mindset or strength-based thinking.
- Viewing setbacks as challenges rather than obstacles. Looking for a solution rather than being stuck in the problem. Recognizing that this setback is temporary.
- ADAPT Framework (Teater & Ludgate, 2014):
 - Activating event or trigger
 - Detecting Feelings and Thoughts
 - Answering Thoughts (reappraising thoughts)
 - Proceeding Adaptively (small action steps)
 - Test the outcome (noticing what has changed)

See attached handout, Using the ADAPT format to deal with distress and associated negative thoughts.

- Exercising Gratitude: Gratitude elicits positive feelings and leads to emotional well-being. A study of a three-month trial of gratitude journaling showed a significant favorable impact on well-being, affect, and depression (O’Connell, O’Shea, & Gallagher, 2017).
 - Setting up a diary of positive experiences provide the opportunity to experience these emotions again and again when re-reading the diary entries (Seligman, et al. 2005).
 - Self-Compassion: Self-compassion includes self-kindness (treating yourself in the same way a loving and compassionate friend would); Remembering common humanity (our challenges is part of a larger human experience and we are not alone); and mindfulness (paying attention in particular way on purpose to the present moment without judgment)
- **Values**
- Reconnect with what you hold true and value at work, home and in life. Seek out meaningful connections (ex. if you want to build community, find a way that your work, home or life can allow it to happen)
 - Values can be spirituality, religion, moral principles or some greater purpose.
 - Creating meaning in your work, home and in life is important for motivation
- **Emotional Acceptance: Work with Emotions Instead of Suppressing or Avoiding**
- Harness the power of mindfulness, which is the practice of paying attention in a particular way to the present moment without judgment (Kabat-Zinn, 1994). It is helpful for regulating emotion in holding awareness while retaining a positive state of mind.

- Breath-Focused Meditation: Focusing on the breath when doing meditation. Meditation is a form of mindfulness practice that trains mind/brain/body awareness and allow for a new perspective.
3. Create Your Own Self-Care/Community-Care Plan: Engaging in other activities in which you take time to care for yourself (ex. taking breaks or moving your body throughout the day) and allowing others to support you in addition to helping others lowers your stress levels and decreases your risk for trauma.
- See Self-Care Plan worksheet
 - Relaxation techniques: Some of the ways we can relax our mind and body is by engaging in meditation or breathing exercises. These practices can ease the symptoms of anxiety and depression by slowing the mind down, as well as sending signals of calm and control that reduce tension in our body. Engage in activities that is soothing to one or all of the following senses:
 - Touch: Using sensory objects such as a warm blanket.
 - Taste: Eating a delicious meal or having some dark chocolate.
 - Hear: Listening to classical music or sounds of nature.
 - Sight: Viewing photos of loved ones or pets.
 - Smell: Detecting essential oils such as chamomile, lavender or patchouli.

RESOURCES

MENTAL HEALTH

- [ABA Commission on Lawyers Assistance Programs - COVID-19 Mental Health Resources](#)
- [ABA Law Student Division - Mental Health Resources](#)
- Coronavirus Anxiety - Helpful Expert Tips and Resources, from the Anxiety and Depression Association of America: <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- Managing Anxiety & Stress, from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Coronavirus Sanity Guide, from Ten Percent Happier: <https://www.tenpercent.com/coronavirussanityguide>
- Daily virtual mindfulness session with Jeena Cho: https://mindful-pause.teachable.com/p/daily-pause-connection-during-social-isolation/?fbclid=IwAR1kq3BV9LWDkVr6tIGq_4BfkYFm_kJQfIVYXrn5w_S8v_xxNKqQ_GiUMOw

DIGITAL SUPPORT & COMMUNITY

- OWLS Informal Discussion Group: OWLS is offering to use its Zoom meeting platform to host regular check-in meetings for its members. These meetings are meant to be non-judgmental and confidential to on Tuesdays at noon and Thursday at 4:00 p.m. and you can join by RSVPing to [Cassandra](#) who will send a recurring calendar invite to you with a Zoom meeting link.
- NAMI Main Line PA: <https://namimainlinepa.org/online-and-telephone-support-groups/?fbclid=IwAR0QZnWSDebKDTYZM6I1nhPA0G7xZKrJi3AJ-YK-NiZIGkQhRFksAoo1DiA>
- Transgender Law Center Virtual Community Gatherings: <https://transgenderlawcenter.org/archives/15736>

ONLINE RECOVERY GROUPS:

- [12 Step-Meetings](#)
OAAP hosts online video meetings for lawyers, judges and law students in recovery on Mondays at 5:30pm, and on Wednesdays and Fridays at 12:30pm. If you have questions or would like information on how to access the meetings, please contact Attorney Counselors Bryan Welch at bryanw@oaap.org or Doug Querin at douglasq@oaap.org.

- Alcoholics Anonymous
Portland Area Intergroup: www.pdxaa.com
Central Oregon Intergroup: <http://coigaa.org/>
Eugene (Emerald Valley) Intergroup: <https://eviaaweb.org/meetings/>
Salem Area Intergroup: www.aa-salem.com/zoom-meetings
- Narcotics Anonymous
Portland Area Service Committee: www.portlandna.com
- Al-Anon – Online: http://12stepforums.net/alanon_family_group_online_meeting.html
- In The Rooms, an online addiction recovery community, AA, NA, Dual Diagnosis, SAA (sex addiction), CPA (chronic pain): www.intherooms.com
- IDAA: <https://www.idaa.org/>
- Women’s Meetings: https://aa-intergroup.org/directory_women.php
- Recovery Dharma: Healing from Addiction with Buddhist Practice, daily meetings via computer, smartphone, or dial-in: <http://recoverydharma.online/>

CRISIS LINES:

- 24/7 Crisis Hotline: National Suicide Prevention Lifeline Network:
1-800-273-TALK (8255) (Veterans, press 1)
- Crisis Text Line: Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7
- SAMHSA Treatment Referral Hotline (Substance Abuse): 1-800-662-HELP (4357)
- RAINN National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- **National Domestic Violence Hotline - Staying Safe During COVID-19**
- **National Domestic Workers Alliance - Coronavirus Care Fund**
- **Informed Immigrant - Resources for Immigrants During the Coronavirus Crisis**

FAMILIES, PARENTS & CHILDREN

- Parents Being Good Enough Right Now Ok: <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/parents-being-good-enough-right-now-ok>
- Coronavirus Information for Young Children: <https://afccontario.ca/wp-content/uploads/2020/03/Corona-Virus-Info-for-Young-Children.pdf>
- Coping in Times of Uncertainty, from Metropolitan Pediatrics:
<https://www.metropediatrics.com/coping-in-times-of-uncertainty/>

- Disastershock: How to Cope with the Emotional Stress of a Major Disaster (includes ways to help your child cope), by the Center for Child and Family Development, University of San Francisco
https://www.usfca.edu/sites/default/files/education/disastershock_manual_2017_b_final.pdf
- Coparenting During COVID-19:
<https://www.afccnet.org/Portals/0/FamilyKind%20Webinar.pdf?ver=2020-03-25-155516-373>
- Free Educational Sites:
 - <https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>
 - <https://www.patrickcarman.com/> (live broadcasts and free audiobooks)
 - Virtual Tours of Famous Museums, collected by *The Washington Post*:
<https://www.washingtonpost.com/travel/2020/03/18/these-historic-sites-attractions-are-offering-virtual-tours-during-coronavirus-pandemic/>

FAMILY CAREGIVERS:

- Covid-19 Resources and articles for family caregivers:
<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>
- Tips for Caregivers: <https://www.aarp.org/caregiving/basics/info-2020/coronavirus-tips-for-caregivers.html>

ADDITIONAL RESOURCES/INFORMATION:

- Responding to Racism During the COVID-19 Outbreak: <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/responding-racism-during-covid-19-outbreak>

Working Remotely:

- Coronavirus and the Workplace:
<https://www.lawandtheworkplace.com/2020/01/coronavirus-and-the-workplace-what-employers-need-to-know/>
- **Federal Trade Commission (FTC) - Online Security Tips for Working from Home**
- **Harvard Business Review - A Guide for Working (From Home) Parents**
- **The HuffPost Guide to Working from Home**
- **National Law Review - How to Manage Your Law Firm Remotely During COVID-19**
- **NPR - 8 Tips to Make Working from Home Work for You**
- **WFH Tips from Zoom**

Social services/mutual aid/financial assistance:

- [Access Living - COVID-19 Resources for the Disability Community](#)
- [API Equality-LA: Asian and Pacific Islanders for LGBTQ Equality - COVID-19 Resources](#)
- [Equality Labs - Coronavirus Resource Kit](#)
- Business Oregon Financial Assistance Information:
<https://www.oregon4biz.com/Coronavirus-Information/>
- OWLS Foundation 2020 COVID-19 Emergency Relief Grant for those identifying as women and/or as members of any other historically disadvantaged groups who need financial support to continue their legal practice:
<https://owlsfoundation.org/grants/2020-covid-19-emergency-relief-grant/>

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Defining Lawyer Well-Being: A Multi-Dimensional Approach

Well-being cannot be defined just by the absence of illness but also encompasses a positive state of wellness. From a whole-health perspective, it can be viewed as a continuous process in which we work across multiple dimensions of wellness. The way we function in one dimension can enhance or impede the way we function in another dimension. The [report](#) of the National Task Force on Lawyer Well-Being identified six dimensions that make up full well-being for lawyers:

1. Occupational.

Cultivating personal satisfaction, growth, and enrichment in work; financial stability.

2. Emotional.

Recognizing the importance of emotions. Developing the ability to identify and manage our own emotions to support mental health, achieve goals, and inform decision-making. Seeking help for mental health when needed.

3. Physical.

Striving for regular physical activity, proper diet and nutrition, sufficient sleep, and recovery; minimizing the use of addictive substances. Seeking help for physical health when needed.

4. Intellectual.

Engaging in continuous learning and the pursuit of creative or intellectually challenging activities that foster ongoing development; monitoring cognitive wellness.

5. Spiritual.

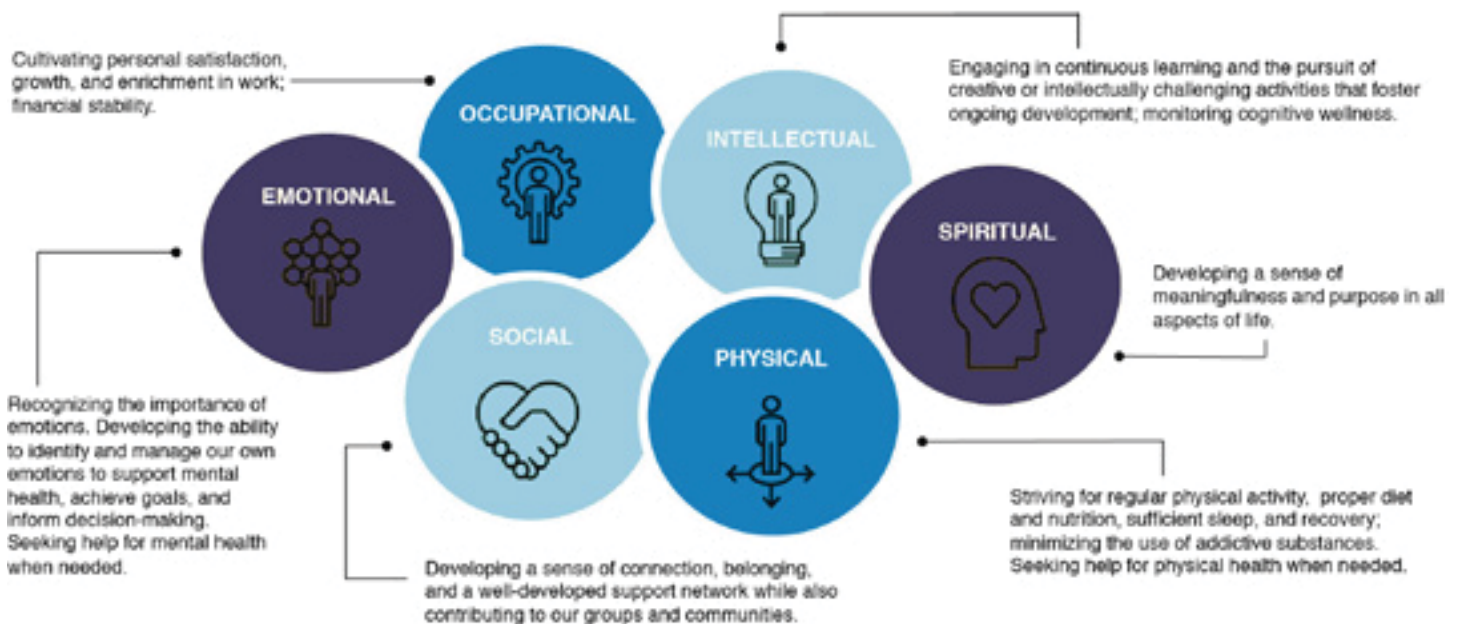
Developing a sense of meaningfulness and purpose in all aspects of life.

6. Social.

Developing a sense of connection, belonging, and a well-developed support network while also contributing to our groups and communities.

Defining Lawyer Well-Being

A continuous process in which lawyers strive for thriving in each dimension of their lives:



* OAAP adds Cultural Well-Being as a 7th dimension asking you if you are fulfilled in practicing your traditional celebrations/rituals/foods/language/learning practices.

SELF-HELP FORM

USING THE ADAPT FORMAT TO DEAL WITH DISTRESS AND ASSOCIATED NEGATIVE THOUGHTS

Activating event or trigger

What are the stressful situations I am encountering (work-related, non work-related)? _____

Detecting feelings and thoughts

What are my emotions? _____

What are my physical feelings? _____

What are my key thoughts and beliefs relating to these situations? _____

What is the effect of my thinking on my emotions and behavior? _____

What are some core beliefs about my role as a ~~provider~~ ^{lawyer} or in general which are influencing my thinking in these situations? _____

Answering thoughts

What is the evidence for and against my thoughts? _____

What are other ways I could look at this? _____

What is the worst that could happen and how likely is this? _____

What would I do if the worst did happen? _____

Proceeding adaptively

What can I do or how can I think which will help me deal more effectively with this current situation? _____

What can I do in general to reduce my current level of distress? _____

Who might I reach out to? _____

Test the outcome

What has changed in how I feel or how I am acting differently since I came up with or proceeded with the plan noted above? _____

Is it working? _____

If not, what else might I do? _____

WORKING WITH DIFFICULT THOUGHTS & EMOTIONS

When experiencing a difficulty emotion (ex. sadness, fear), **NAME** your feelings:

Notice (thoughts, feelings, and/or sensations in your body)

Acknowledge (identify your thoughts, feelings & bodily sensations)

Make room (allow yourself to bring your attention to the thoughts, feelings or bodily sensations; to be present with it all while staying open and curious; allow the thoughts/feelings/sensations to stay, come or go freely)

Expand awareness (as you are noticing, acknowledging and making room for your thought(s), feeling(s) or sensation(s), bring your attention to your external world, and notice both at the same time)

Use a visualization technique to create distance from your thoughts and feelings:

“Leaves on a Stream” Exercise (positive or negative thoughts)

- 1) Sit in a comfortable position and either close your eyes or rest them gently on a fixed spot in the room.
- 2) Visualize yourself sitting beside a gently flowing stream with leaves floating along the surface of the water. Pause 10 seconds.
- 3) For the next few minutes, take each thought that enters your mind and place it on a leaf... let it float by. Do this with each thought – pleasurable, painful, or neutral. Even if you have joyous or enthusiastic thoughts, place them on a leaf and let them float by.
- 4) If your thoughts momentarily stop, continue to watch the stream. Sooner or later, your thoughts will start up again. Pause 20 seconds.
- 5) Allow the stream to flow at its own pace. Don't try to speed it up and rush your thoughts along. You're not trying to rush the leaves along or “get rid” of your thoughts. You are allowing them to come and go at their own pace.
- 6) If your mind says “This is dumb,” “I'm bored,” or “I'm not doing this right” place those thoughts on leaves, too, and let them pass. Pause 20 seconds.
- 7) If a leaf gets stuck, allow it to hang around until it's ready to float by. If the thought comes up again, watch it float by another time. Pause 20 seconds.
- 8) If a difficult or painful feeling arises, simply acknowledge it. Say to yourself, “I notice myself having a feeling of boredom/impatience/frustration.” Place those thoughts on leaves and allow them float along.
- 9) From time to time, your thoughts may hook you and distract you from being fully present in this exercise. This is normal. As soon as you realize that you have become sidetracked, gently bring your attention back to the visualization exercise.



THRIVING...Despite Challenge: A Brief Roadmap for Lawyers

It is no surprise that each of us responds differently to life's changes and challenges: the birth of a child, the death of a parent, a good job obtained, a good job lost, a financial success, a financial setback. No two of us react in exactly the same way. That's natural and to be expected. Given that, we each have our own unique life experiences, how we deal with changes, challenges, and difficulties when they occur is often a reflection of our past experiences, habits, and behaviors, and our particular view of the world. Thus, how we *thrive* – how we individually manage to successfully function in good times and in difficult times will be different for different people. Despite how we may individually navigate this process, however, thriving is ultimately the goal that most of us seek to achieve.

"Thriving" is an elusive concept. For those both in and out of the legal profession, it can *generally* be understood as the ability to experience well-being in each of the primary dimensions of one's life. These dimensions typically include:

- Our emotional and physical health,
- Our occupational satisfaction and financial stability,
- Our intellectual and creative enjoyment,
- Our sense of social belonging and connectedness, and
- Our existential sense of meaningfulness and purpose.

That's a tall order! More often than not, we experience more success in some dimensions than in others at any given point in time – and that's to be expected. Sometimes, however, factors entirely outside our control intrude on our lives in very dramatic ways that significantly challenge our overall ability to thrive. It is during these times – and *especially* during these times – that we first need to identify those things over which we do have some control, those things over which we don't *and* we need the ability (i.e., wisdom) to recognize the difference between these two realities.

For example, when uncontrollable circumstances impact an important dimension of our lives, say, economic security, does that mean we have no control over other dimensions,

say, emotional and physical health or social connection? The answer is obvious. When events occur and make uncontrollable for a time one part of our lives, our overall health and well-being – our ability to thrive - depends upon our continuing to attend to other, more controllable, aspects of our lives. Thus, recognizing what is realistically within our control is a *necessary starting point* if we are to maintain and nourish our thriving skills in difficult times.

A second critical action we need to take during challenging times is to actively seek out and use resources that are available to strengthen and nurture those important (and controllable) dimensions of our lives. That also is a tall order! But tall orders do not mean impossible orders, even for lawyers who are more accustomed to being a resource than seeking a resource.

There are two common stumbling blocks when seeking resources. One is *uncertainty* about the impact of the challenges faced and the other is quite simply identifying reliable resources. With respect to uncertainty (the quintessential fear of most people, especially lawyers), there are three helpful things to keep in mind:

1. Uncertainty often produces fear, stress, and anxiety responses; it's a product of the natural, physiological fight-or-flight response our bodies are biologically designed to experience in the face of a potential threat;
2. Uncertainty, and the anxiety it produces, frequently causes us to catastrophize, to fall victim to the negative thinking that so often accompanies the fear and stress of uncertainty – in much the same way that our clients sometimes unrealistically expect the worst;
3. And the Good News: Uncertainty in one dimension of our lives does not mean uncertainty in all dimensions; in fact, from a mental health standpoint, nurturing *other* areas of our lives (e.g., social connectedness or engaging in healthy, meaningful activities) *will improve* our emotional coping skills and allow us the emotional freedom and flexibility to find healthy emotional balance and seek helpful resources when needed.

At the end of the day, if we are to maintain our well-being during difficult and challenging times – if we are to thrive despite adversity – each of us has two directions to look: to others and to ourselves. Virtually all mental health professionals unanimously agree that we are social creatures– *we cannot thrive without community*. This is true for extraverts and introverts alike; both require social connection, though to different degrees.

It is absolutely imperative that we ratchet up our social contact with other people during times of adversity. If personal contact is not possible, we have the good fortune of 21st century technology. There are a variety of video communication applications and messaging platforms readily available today for us to stay in touch (e.g., Google Hangout, WhatsApp, Skype, Facebook messenger, and Zoom). And, oh yes, there are always telephones and cell phones. Social connection during difficult times is the equivalent of the medicine we need to help keep us healthy.

Equally important is the need for us to attend to our own self-care. This may involve doing activities we enjoy and find meaningful – gardening, yoga, meditation, reading, walking, playing with your pet, etc. Doing these activities consistently and on at scheduled times is best. Self-care programs can also be coordinated with friends and relatives so our social connections are enhanced. A healthy diet and sleep regimen are also essential. Excessive use of drugs and alcohol are problematic during stressful times; they may provide a momentary respite, but have yet to be shown to make one's difficulties go away. See, *Well-Being Tools and Techniques*, below.

Thriving despite challenges can itself be challenging. But it definitely can be done. And, for each of us, it needs to be done so that when the challenges are over, and life returns to normal, our well-being will have been as successfully maintained and nourished as possible, and perhaps even strengthened in many unexpected ways.

The Oregon Attorney Assistance Program (OAAP) is an excellent starting place when seeking short-term counseling, resource information, and mental health and substance use advice and recommendations. The OAAP has served the Oregon legal community for nearly forty years. It has five experienced attorney counselors available to Oregon lawyers, judges, and law students. It is confidential, voluntary, and free. www.oaap.org

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Research-Based Well-Being Tools & Techniques ... that Really Work!!!

1.	<p>Breathing - all sorts of different ways to do this. The most important part is to breathe slowly and deeply. It is the fastest and best way to communicate with the non-verbal part of your brain.</p> <p>http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html http://cdn.marksdailyapple.com/wordpress/wp-content/uploads/2010/12/NPRDeepBreathing.mp3</p> <p>APPS- Breathe2Relax</p>
2.	<p>Meditation - It rewards your brain and changes your brain's wiring in positive ways that to tend toward contentment.</p> <p>http://braintalks.com/news/2013/04/this-is-your-brain-on-mindfulness/ http://palousemindfulness.com/selfguidedMBSR.html https://www.youtube.com/watch?v=iZljDtHUsR0</p> <p>APPS - Insight Meditation Timer, Buddhify, Headspace, Zazn Books - Meditation for Beginners by Jack Kornfield; How to Meditate by Pema Chodron; Full Catastrophe Living by Jon Kabat-Zinn, Ph.D.</p>
3.	<p>Avoid isolation; connect with family and friends - Social connectedness is vitally important. It helps to reduce the effects of stress on brain and body. Good hormones (e.g., oxytocin) are released. See the article above for ways to connect virtually.</p> <p>http://www.mayoclinic.org/healthy-living/stress-management/in-depth/social-support/art-20044445?pg=2</p>
4.	<p>Exercise - It is good for your body: it helps reduce stress, combats anxiety and depression, and it actually improves cognitive functioning, improves memory, and enhances mood. Good hormones (endorphins) are released - aka "the runner's high." <i>Spark: Revolutionary New Science of Exercise and the Brain</i>, John Ratey (2013)</p> <p>http://www.mayoclinic.org/healthy-living/stress-management/in-depth/exercise-and-stress/art-20044469</p>
5.	<p>Take a fun class - Learn something new, exercise the creative side of your brain; have a scheduled time for your class, prepay for it; e.g., guitar lessons, dog agility class, knitting class, tai chi, toastmasters, poetry writing. Something that is new, different, and that you look forward to --- especially with a friend! Many classes are offered online now.</p> <p>http://articles.mercola.com/sites/articles/archive/2014/11/06/crafting-knitting.aspx http://www.scientificamerican.com/article/mental-downtime/</p>

6.	<p>Volunteer – It lowers stress, contributes to a sense of well-being, and improves physical health as well!</p> <p>http://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428</p>
7.	<p>Power song – Taking breaks is really important for your brain. You can use listening to a song as a meditation or to pump you up! (Choose “We Will Rock You” not “Who Let the Dogs Out.”) Join a choir. It does awesome things for you!</p> <p>http://www.cnn.com/2013/04/15/health/brain-music-research/ http://www.unr.edu/counseling/virtual-relaxation-room/releasing-stress-through-the-power-of-music http://www.telegraph.co.uk/news/health/news/10496056/Choir-singing-boosts-your-mental-health.html</p>
8.	<p>Humor-break – Breaks are vitally important and if you can combine that with some laughter, you have provided your body and your brain with some much needed feel-good time. Laughing stimulates many organs, activates your stress response, and then relaxes your body systems. Laughing also strengthens your immune system.</p> <p>http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress-relief/art-20044456 http://www.healthsystem.virginia.edu/pub/feap/work-life/newsletters/Humor%20and%20Stress.pdf</p>
9.	<p>Spirituality, religion, and connecting with nature - Spirituality, organized religion, or just communing with nature can help to foster a sense of meaning and purpose (and offer perspective when you are highly stressed). Being in nature or at least looking out a window at some nature is great for your brain. Light increases serotonin – one of our neurochemicals that helps mood and fights depression. Benefits of being outside: increased attention, focus, and memory; lower stress, and reduced brain fatigue.</p> <p>http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress-relief/art-20044464</p>
10.	<p>Pets – if you have pets, try to maximize your interactions with them; this increases our feel-good hormones, lowers stress levels, and lowers blood pressure. If you don’t have pets, you can volunteer to walk dogs at the Humane Society or go visit someplace with a fish tank!</p> <p>http://usatoday30.usatoday.com/news/education/story/2012-05-13/dogs-stress-relief-on-campus/54921444/1 http://hyper.ahajournals.org/content/38/4/815.full</p>
11.	<p>Commitment & accountability – We are more likely to do pretty much everything if we have another person we feel accountable to. So, get a gym buddy, a walking or running partner, a meditation buddy, a movie break buddy. You get the point! In the time of social distancing, you may need to partner up from your own homes, but it can still be done. APPS- https://www.stickk.com/</p>

12.	<p>Group/Social Activity – Same idea as above, but this can facilitate social connections. See the article above for ideas on connecting virtually. http://news.wustl.edu/news/Pages/5642.aspx</p>
13.	<p>Intimacy – Healthy intimate relationships can be a huge source of support in high stress times; physical contact with other people (even something as simple as a hug or a pat) releases oxytocin in our brains (that’s good) and reduces stress and anxiety (that’s also good). http://www.lcsun-news.com/las_cruces-healthy_u/ci_25048767/power-touch-mdash-intimacy-has-health-benefits-all</p>
14.	<p>Gratitude – It’s good for our well-being to make a practice of appreciation. It is also a state of being that increases our social connections. http://greatergood.berkeley.edu/pdfs/GratitudePDFs/2Wood-GratitudeWell-BeingReview.pdf http://greatergood.berkeley.edu/article/item/how_gratitude_can_help_you_through_hard_times</p>
15.	<p>Savoring practice – Our brain has a <i>negativity bias</i>. Bad experiences stick in our memories while positive experiences flow through like water through a sieve. You can shift your brain toward positivity by savoring a positive moment for just 10-30 seconds. This attention to the positive cements those moments in our memories just like the negative moments. http://greatergood.berkeley.edu/article/item/10_steps_to_savoring_the_good_things_in_life</p>
16.	<p>Diet – Quick Tips: 1) Hunger hurts Concentration → eat breakfast (oatmeal is a natural brain food); 2) Good Foods = Alertness →spinach, broccoli, & beans are great alertness foods; 3) Good Glucose = Good Memory → complex carbs (e.g., green veggies, whole grains, beans, lentils, peas & potatoes) provide steady source of glucose, avoiding sugar spikes. Comfort foods (chips, candy bars, pastries) work ok in the moment, but can cause blood-sugar fluctuations that can increase stress and mood swings. http://www.helpguide.org/articles/diet-weight-loss/emotional-eating.htm http://www.webmd.com/food-recipes/healthy-foods-eat-brain-power https://www.psychologytoday.com/blog/the-science-willpower/201111/stress-sugar-and-self-control</p>
17.	<p>Sleep – Sleep deprivation and elevated stress hormones tend to be related. Healthy Tips: Stick to a sleep schedule, develop a relaxing pre-bedtime ritual, exercise daily, avoid alcohol/drugs, tobacco, caffeine, and heavy meals before bedtime; have a bedroom that is cool, quiet, and dark. Sweet Dreams! http://sleepfoundation.org/ http://www.webmd.com/sleep-disorders/guide/tips-reduce-stress; http://consumer.healthday.com/encyclopedia/stress-management-37/stress-health-news-640/sleep-deprivation-and-stress-646063.html</p>

18.	<p>Self-Awareness – Our daily lives are filled with innumerable things, people, obligations, schedules, and responsibilities competing for our attention, many of which are among the normal stresses of a law office environment. Practicing self-awareness simply means stopping and taking time to inwardly reflect on ourselves and what is going on within us in the present moment. For example, are we angry, tired, anxious, fearful, or sad, etc.? When we practice self-awareness, in a compassionate, non-self-blaming way, we are more likely to avoid unwanted stress-induced behaviors and reactions, more likely to regulate our emotions in a healthy way, and more likely to develop an understanding of ourselves and our thoughts, feelings, and emotions. Meditation, mindfulness, yoga, journaling, and Tai-Chi are practices that people often use to increase their self-awareness.</p> <p>http://www.rebeccaanhalt.com/self-awareness-and-stress-relief/ http://www.turn-stress-into-bliss.com/self-awareness-exercises http://www.thepracticingmind.com/author/chelsea15</p>
19.	<p>Listen to your body -- Do a <i>self-care body scan</i>: check in with yourself. Are you experiencing any aches, pains, or other discomfort? If so, your body may be telling you something like: get some exercise, eat something, cut down on the caffeine, take a time-out, or call a friend? Listen to your body!</p> <p>http://www.mindful.org/the-body-scan-practice/</p>
20.	<p>Structure and schedules – Develop regular daily habits and routines for activities that are repetitive (e.g., going to bed, getting up in morning; work times, meal times, social times, self-care times, zoning out times, etc.). Perhaps even keep a simple log, journal, or calendar to record your success in maintaining your schedule and routine; for some, a visual track record of accomplishments tends to reinforce success.</p> <p>Having a regular daily schedule reduces the need to make minor or routine decisions and choices. This practice: (1) eliminates needless decision-making, preserving the brain’s energy for higher level tasks; (2) creates a sense of control & empowerment; (3) Encourages planning one’s day; (4) Encourages the creation of healthy self-care habits, like exercising and visiting with family and friends.</p> <p>http://www.rebeccaanhalt.com/schedule-more-and-stress-less/</p>
21.	<p>To-Do Lists can be Two-Edged Swords – For some to-do lists are helpful and stress-relieving; for others they are stress-producing. The longer the list, the less likely you are to get things done. If you make a to-do list, keep it simple and relatively short (eliminate low-priority items), and do not jump from one task to another – try to complete one item at a time. If you really like lists, consider including a “done list” at the end of the day to celebrate your accomplishments. All lists of things to do should include one or more healthy self-care activities.</p> <p>http://www.jillkonrath.com/sales-blog/quickly-reduce-your-to-do-list</p>

22.	<p>Avoid relationship drama – If you have personal relationships that are occasionally volatile, respectfully inform the other person that all your energies right now must be focused on your work and self-care and you will not engage in any relationship drama – and stick to this rule. This is called <i>maintaining healthy boundaries!</i></p> <p>http://www.huffingtonpost.com/jennifer-twardowski/6-steps-to-setting-boundaries-in-relationships_b_6142248.html</p>
23.	<p>Inspirational reading, dream, imagine, visualize success – Help your brain by doing things that encourage positive thinking.</p> <p>http://www.wisebrain.org/TakingintheGood.pdf</p>
24.	<p>Do something you love – If there is an activity that you enjoy doing right now, make sure you do not lose that as part of your proactive self-care strategy.</p> <p>http://www.sparkpeople.com/resource/wellness_articles.asp?id=1657 http://greatergood.berkeley.edu/article/item/a_better_way_to_pursue_happiness</p>
25.	<p>Reach out for help: OAAP – If you have questions, concerns, or simply need to talk with someone, call or contact OAAP @ www.oaap.org; 503.226.1057.</p>