

Lawyer Wellness



Texas Lawyers' Assistance Program
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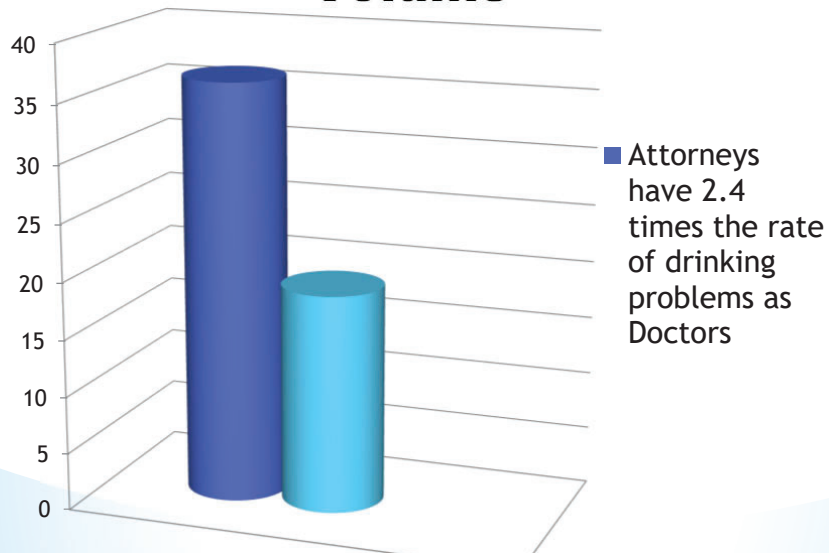
The Stats

- 32% of lawyers 30 years or younger have a drinking problem
- 28% of lawyers struggle with some level of depression
- 19% of lawyers demonstrate symptoms of anxiety
- 11% of lawyers have suicidal thoughts at some point in their career

Texas Lawyers' Assistance Program. (2018). Retrieved from <https://www.tlaphelps.org/>

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2015 ABA Study: Lawyers' vs. Doctors' Problem Drinking Based on Frequency and Volume



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Stress Continuum

A large blue arrow pointing to the right, representing a continuum of stress. Inside the arrow, the words 'Stress', 'Chronic Stress', and 'Burnout' are written from left to right, indicating a progression.

Stress Chronic Stress Burnout

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Definition: Burnout =

- Exhaustion of emotional and/or physical strength as a result of prolonged stress or frustration

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Symptoms of Burnout

- depression and/or anxiety
- fatigue
- difficulty sleeping
- irritability
- defensiveness
- cynicism
- callousness
- social withdrawal, absenteeism
- self-medication with drugs, alcohol, food

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[Lawyer Wellness: Tips for Managing Your Law Practice and Personal Lives](#)

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2019 Car Crash Seminar session

"Lawyer Wellness"