Stress Kills Success:

Mindfulness and the Small Firm Practitioner

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UT CLE
Managing Your Success:
Practice Management at the Next Level

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Your Mindful Edge

Context



- 2007: Invention of the I-Phone
- 2008: Recession
- 83% of people are stressed about work.

Source: Work Stress Survey, 2013

Stress Kills Us

- Sympathetic Nervous System:
  Fight/ Flight/ Freeze

- Parasympathetic Nervous System:
  Rest and Digest

Lawyers and Stress

- 3.6 x more likely to suffer Depression
- 52% Lawyers = Dissatisfied
- Highest Divorce rate (esp. women)
- 20% Drink at levels "hazardous, harmful, and potentially alcohol-dependent."
- 6 x more likely to commit suicide

Sources: Martin Seligman, Hazelden Betty Ford Foundation, American Bar Association

Mindfulness:

Paying attention in a particular way:

- On purpose
- In the present moment
- Non-judgmentally.

--Jon Kabat Zinn

What is this exactly?

- Formal Practice



- Informal Practice



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