

# 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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## 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.

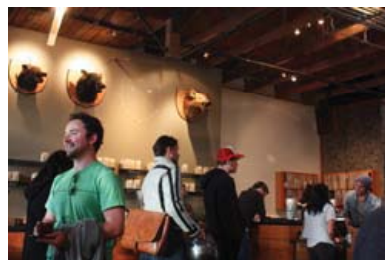
--Jon Kabat Zinn

## What is this exactly?

- Formal Practice



- Informal Practice



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