Stress Kills Success:

Mindfulness and the Small Firm Practitioner

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UT CLE

Managing Your Success:

Practice Management at the Next Level

Melissa Marks Garner, 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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