

TEN TIPS FOR LAWYERS DEALING WITH STRESS



STATE BAR *of* TEXAS

Texas Lawyers' Assistance Program
Presented by Chris Ritter, JD, MEd, TLAP Attorney
52nd Annual William W. Gibson, Jr. Mortgage Lending and
Servicing Institute
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▶ Speaker Bios:



Chris Ritter, JD, MEd

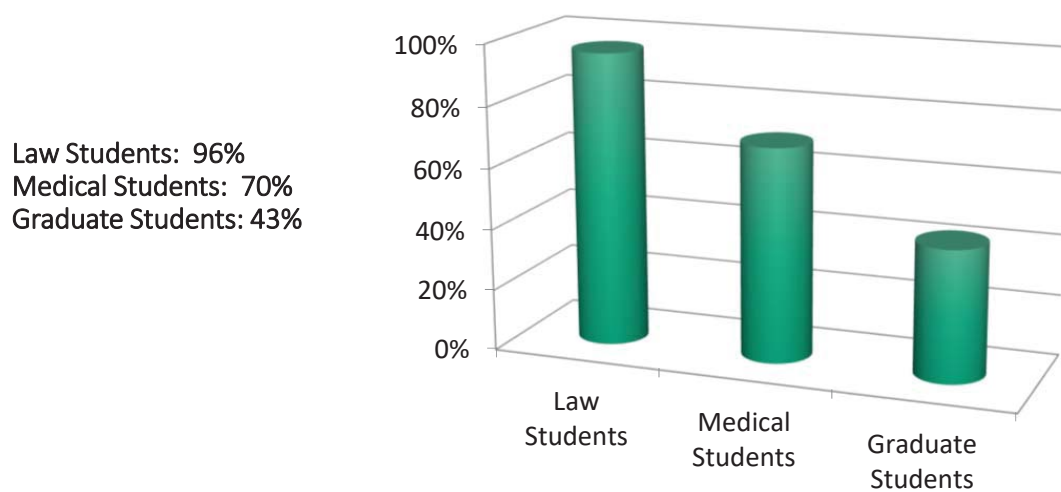
Attorney, Texas Lawyers' Assistance Program

Chris Ritter graduated *magna cum laude* from Baylor University in 1994 with a B.A. Political Science and Philosophy. After law school at the University of Texas School of Law (J.D., 1998), he was a trial lawyer in West Texas for over 15 years until he joined TLAP in 2014. Chris has been recognized by his peers for his legal accomplishments, including being named a Texas Monthly Super Lawyers' Rising Star three times. He has also been active in service to charitable groups and organizations. During his career, his law practice has included being a solo practitioner, an Assistant Criminal District Attorney, and a partner in plaintiff and defense litigation firms. Chris just completed his master's degree in clinical mental health counseling and has gained valuable clinical experience and knowledge in that arena.

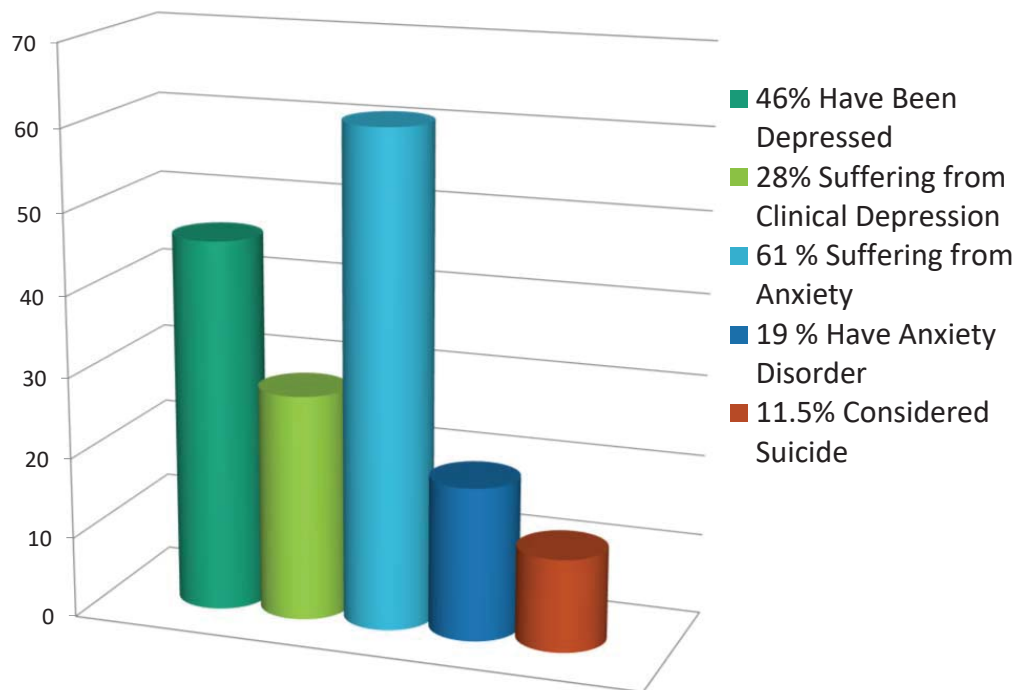
Major Problems for Attorneys:

- Stress / Anxiety
- Depression
- Burnout / Secondary Trauma
- Alcohol / Substance Abuse
- Cognitive Impairment
- Suicide
- Gambling and other process addictions

Reported Problems with Stress



2015 ABA Study of Almost 13,000 Attorneys: Attorney Mental Health Issues



Depression

- According to a 1991 Johns Hopkins University study of depression in 105 professions, lawyers ranked number one in the incidence of depression.



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"Texas Lawyers' Assistance Program"