

# 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**  
**September 13, 2018 – Austin, TX**

## ► Speaker Bios:

### **Chris Ritter, JD, MEd**

Attorney, Texas Lawyers' Assistance Program

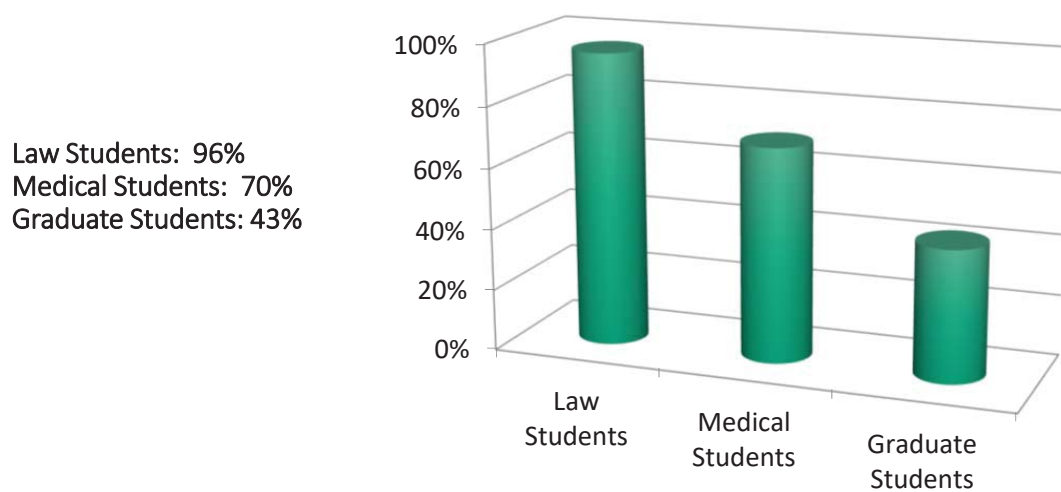


Chris Ritter graduated *magna cum laude* from Baylor University in 1994 with a B.A. Political Science and Philosophy. After law school at the University of Texas School of Law (J.D., 1998), he was a trial lawyer in West Texas for over 15 years until he joined TLAP in 2014. Chris has been recognized by 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.

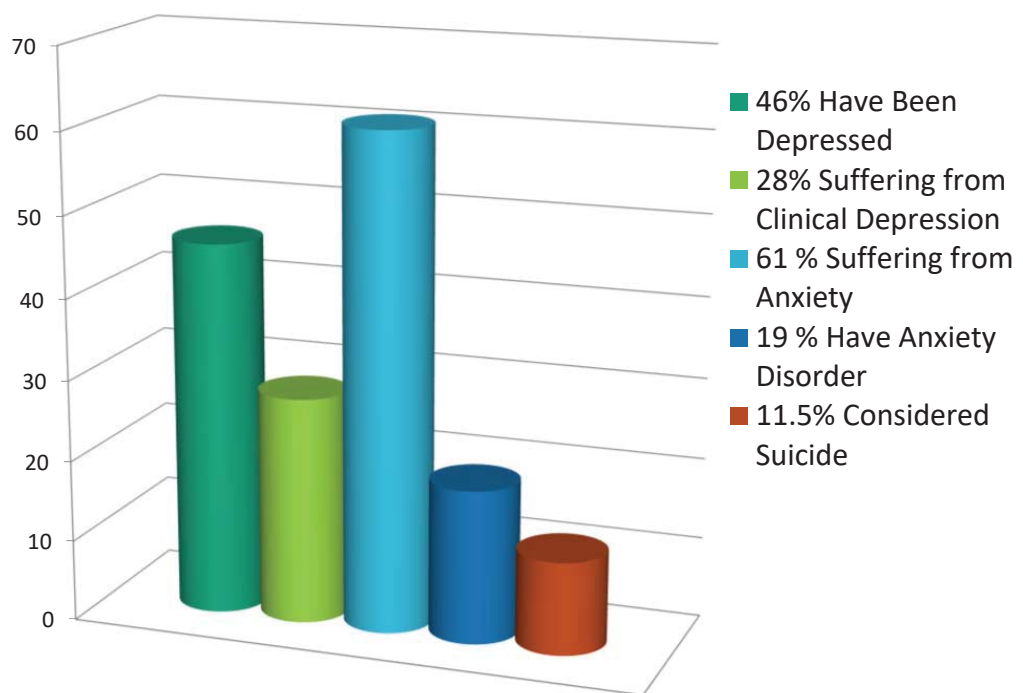
# Major Problems for Attorneys:

- 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

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- 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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## Title search: Ten Tips For Lawyers Dealing With Stress

Also available as part of the eCourse

[eSupplement to the 26th Annual Labor and Employment Law Conference](#)

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52<sup>nd</sup> Annual William W. Gibson, Jr. Mortgage Lending and Servicing Institute session  
"Texas Lawyers' Assistance Program"