

# SELF CARE and ETHICS WELLNESS FOR LAWYERS

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## Workshops

- \* 1) Move/Breath/ Art (Need paper and pen)
- \* 2) Gratitude Journaling (Need small notebook)
- \* 3) DONE List (Need small notebook)
- \* 4) Practice Kindness (Need nothing!)



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## RECENT STUDY

Hazelden Betty Ford Foundation and ABA Commission on Lawyer Assistance Programs, featured in March 2016 edition of Texas Bar Journal. First comprehensive study in 25 years, involved almost 15K attorneys from 19 states.

- Major findings:
  - 21 percent of licensed working attorneys are problem drinkers (19.2 for those “in-house in government, public or non-profit”)
  - 28 percent struggle with some level of depression
  - 19 percent suffer from anxiety
  - Younger attorneys in the first 10 years of their practice exhibit the highest incidence of these problems.

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## A TOUGH JOB

Bottom line orientation of firms/organizations



Lack of civility in lawyering



Clients in crisis

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STRESS BURNOUT VICARIOUS TRAUMA

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Title search: Self Care and Ethics: Wellness for Lawyers

Also available as part of the eCourse

[2019 A Practical Guide to Immigration Removal Proceedings eConference](#)

First appeared as part of the conference materials for the  
2019 A Practical Guide to Immigration Removal Proceedings session  
"Ethical Issues and Self Care in Immigration Law"