

# Lawyer Wellness



**Texas Lawyers' Assistance Program**  
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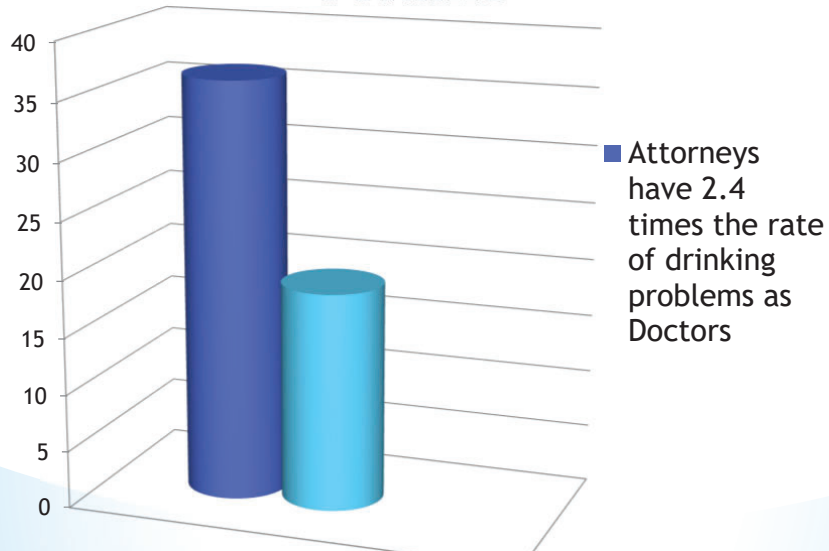
## The Stats

- 32% of lawyers 30 years or younger have a drinking problem
- 28% of lawyers struggle with some level of depression
- 19% of lawyers demonstrate symptoms of anxiety
- 11% of lawyers have suicidal thoughts at some point in their career

Texas Lawyers' Assistance Program. (2018). Retrieved from <https://www.tlaphelps.org/>

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## 2015 ABA Study: Lawyers' vs. Doctors' Problem Drinking Based on Frequency and Volume



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## Stress Continuum

A diagram illustrating the Stress Continuum. It features a large blue arrow pointing to the right. Inside the arrow, the words "Stress", "Chronic Stress", and "Burnout" are arranged from left to right, indicating a progression of increasing stress levels.

Stress      Chronic Stress      Burnout

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## **Definition: Burnout =**

- Exhaustion of emotional and/or physical strength as a result of prolonged stress or frustration

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## **Symptoms of Burnout**

- depression and/or anxiety
- fatigue
- difficulty sleeping
- irritability
- defensiveness
- cynicism
- callousness
- social withdrawal, absenteeism
- self-medication with drugs, alcohol, food

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2019 Car Crash Seminar session

"Lawyer Wellness"