

# Lawyer Wellness



**Texas Lawyers' Assistance Program**  
**Erica Grigg, JD**

1

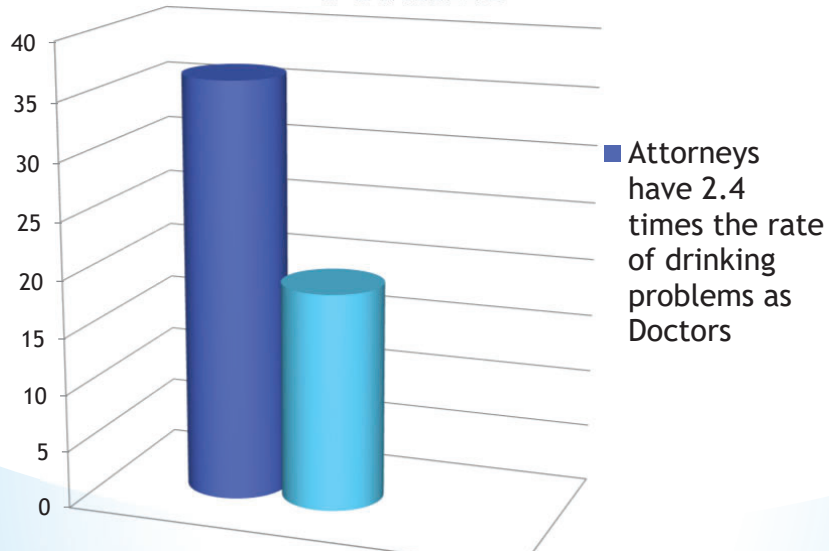
## The Stats

- 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/>

2

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



3

## Stress Continuum

A large blue arrow pointing to the right, representing a continuum of stress. The arrow is divided into three sections: the left section is labeled 'Stress', the middle section is labeled 'Chronic Stress', and the right section is labeled 'Burnout'.

Stress      Chronic Stress      Burnout

4

## **Definition: Burnout =**

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

5

## **Symptoms of Burnout**

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

6

Find the full text of this and thousands of other resources from leading experts in dozens of legal practice areas in the [UT Law CLE eLibrary \(utcle.org/elibrary\)](https://utcle.org/elibrary)

Title search: Lawyer Wellness

Also available as part of the eCourse

[Answer Bar: Young Attorney Challenges \(Ethics\)](#)

First appeared as part of the conference materials for the  
2019 Car Crash Seminar session

"Lawyer Wellness"