

**2026 First Friday Ethics (August 2026)
August 7, 2026 • STUDIO WEBCAST**

Friday Afternoon, Aug. 7, 2026

12:00 pm 1.00 hr ethics	<p>Why Self-Care Feels Impossible for Lawyers</p> <p>You know self-care matters, yet during a demanding workday it often feels unrealistic or indulgent. In this session, discover why a stressed nervous system naturally prioritizes urgency over restoration and why traditional self-care advice rarely works for lawyers. Learn how to embed small regulation practices throughout your workday to shorten stress cycles, “timebending” how long you remain in a stress response.</p> <p>Marla Mattenson, Mattenson Coaching & Consulting, Inc - Santa Barbara, CA</p>
1:00 pm	<p>15-Minute Break</p>
1:15 pm 1.00 hr ethics	<p>Your Brain on Burnout</p> <p>Burnout is not just emotional exhaustion, it is a physiological state that changes how your brain processes information, decisions, and reacts to pressure. In this session, learn how chronic stress affects your cognition, communication, and professional judgment, and how to recognize your own stress signals through thoughts, emotions, body sensations, and shifts in vocal tone. Understanding these signals helps you respond more effectively in conversations with clients, colleagues, and opposing counsel.</p> <p>Marla Mattenson, Mattenson Coaching & Consulting, Inc - Santa Barbara, CA</p>
2:15 pm	<p>15-Minute Break</p>
2:30 pm 1.00 hr ethics	<p>Turning Stress Into Relief</p> <p>The thoughts and emotions you push aside during a demanding workday do not disappear, they accumulate. In this session, learn the Capture & Compost Method for recording stressful thoughts and later reflecting on them to identify patterns between thoughts, emotions, body sensations, and behaviors. This practice helps you recover from pressure faster, restore mental clarity, and bring greater focus, meaning, and renewal to your work.</p> <p>Marla Mattenson, Mattenson Coaching & Consulting, Inc - Santa Barbara, CA</p>
3:30 pm	<p>Presentations Conclude</p>