



Ways to Reduce Stress

ACC-Northeast

September 17th, 2024

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Confidential,
and *FOR YOU.***

WE HELP LAWYERS, LAW STUDENTS, AND OTHER LEGAL PROFESSIONALS.

Free and Confidential Consultations and Resources



OUR MISSION

is to promote well-being and resilience in the legal community, improve lives, nurture competence, and elevate the standing of the legal profession.

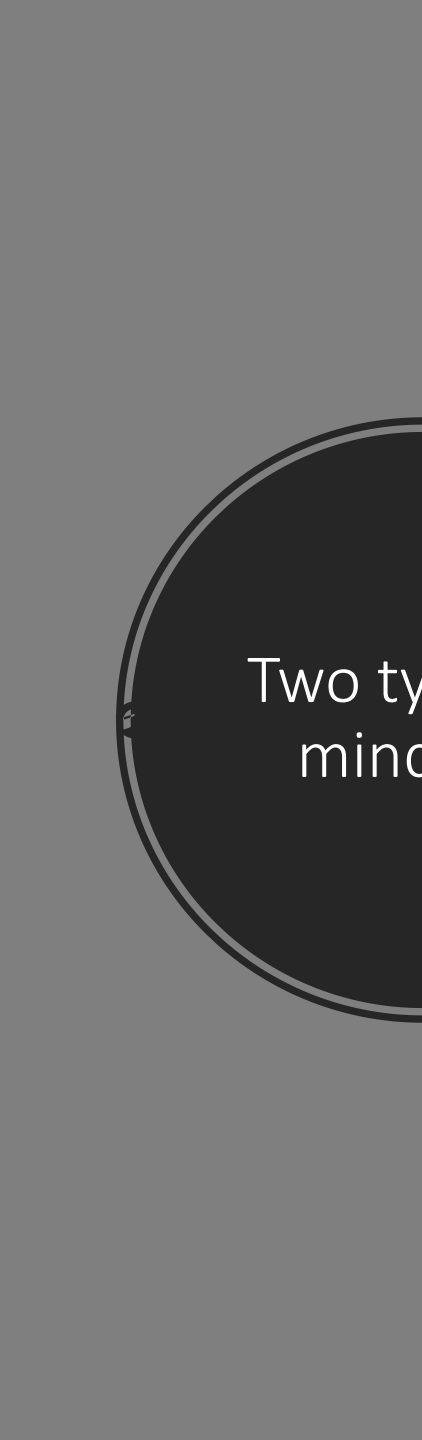
Stress

Can be good/bad/neutral

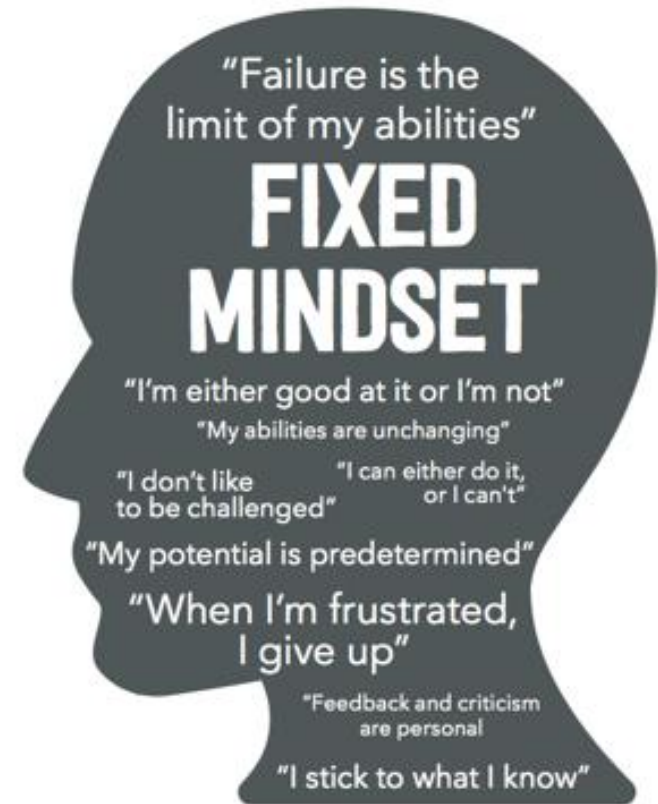
Stress



- Disequilibrium / Imbalance
- Internal activation to respond to a threat
- Excitement and anxiety is the same internal biological response



Two types of
mindsets



Re-thinking stress using growth mindset

Typical fixed view of stress:

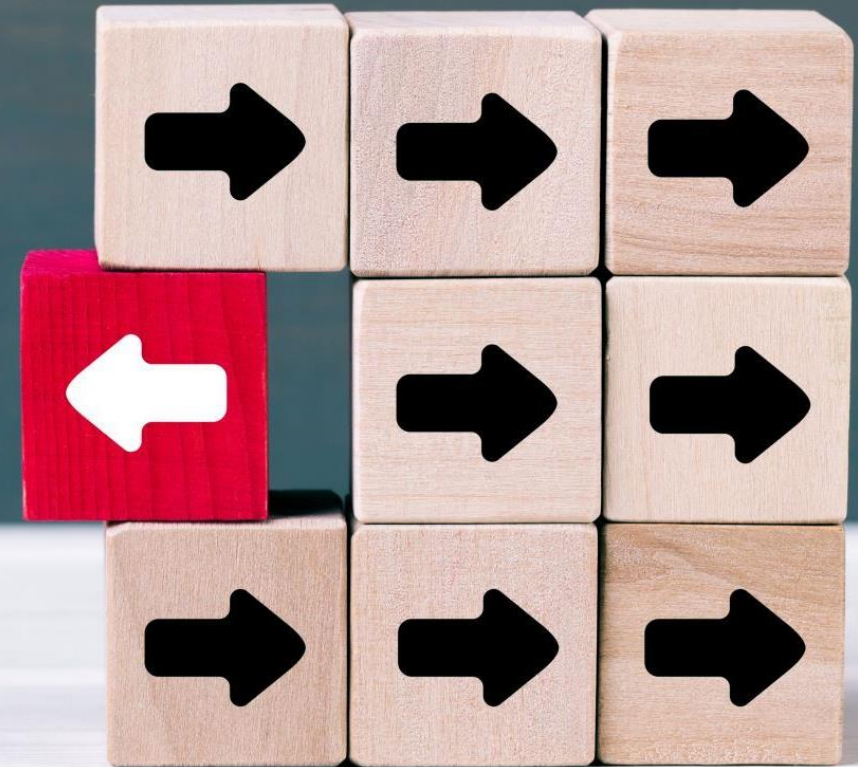
- The effects of stress are only negative
- Avoid, manage, and counteract the effects of stress



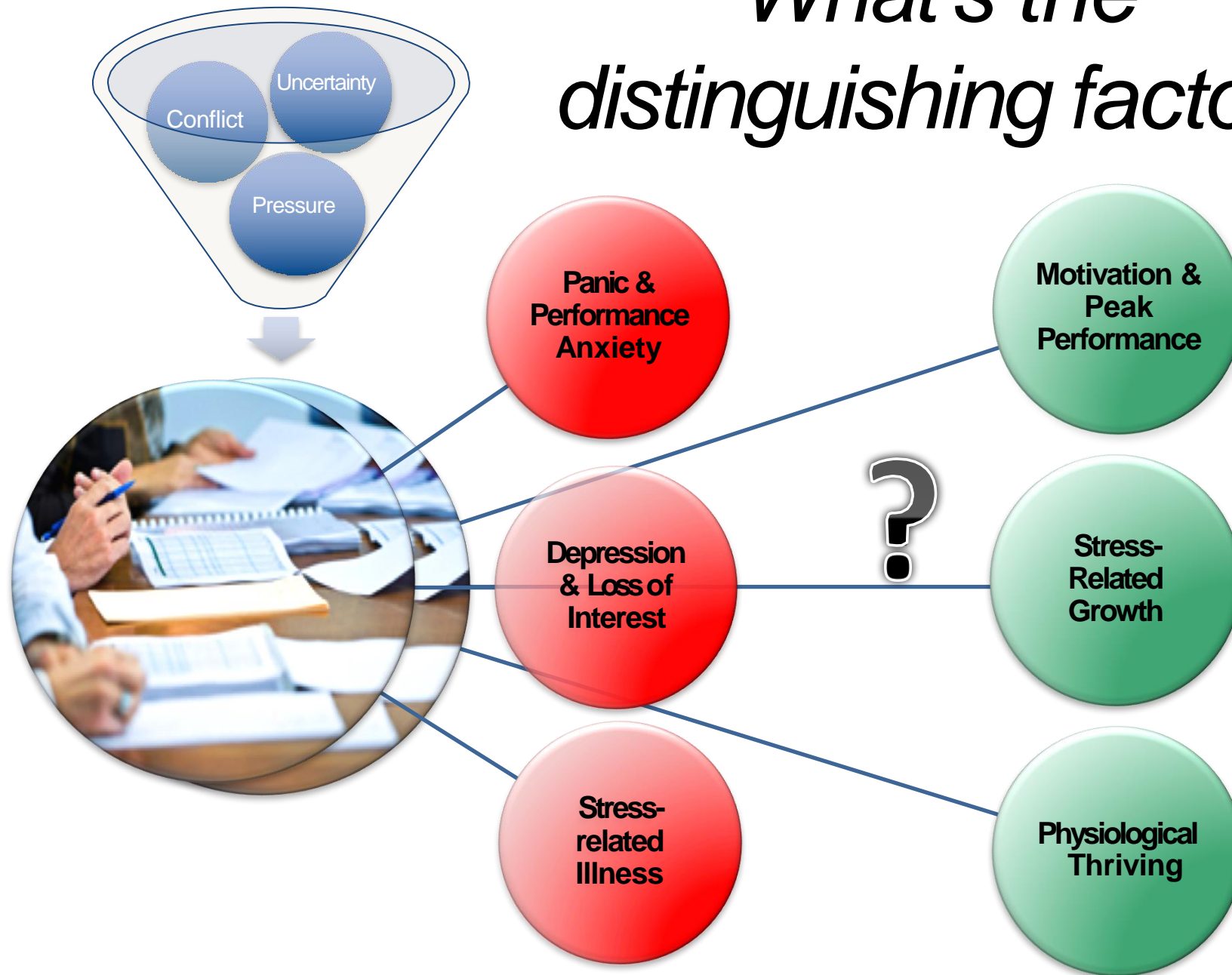
Re-thinking stress using growth mindset

Stress can enhance:

- Performance & Productivity
- Health and Vitality
- Learning and Growth



What's the distinguishing factor?



Three steps to creating a positive stress mindset

1

Acknowledge Stress.

- *It is what it is.*

2

Welcome Stress.

- *You are stressed because you care.*

3

Utilize Stress.

- *Stress is designed to facilitate.*

Practical Strategies to Change Stress Mindset

- Mindfulness helps us to pause and expand our view
- Recognize functional fixedness thinking – reword our thoughts
- Lean into the caring about what you feel stressed about and demonstrate that caring
- Asking key questions:
 - What opportunities might be present in this situation?
 - Asking for clarification from the other
 - Breaking down into measurable or reasonable steps that you can control
 - What communication can come out of this





What is in
your
control?

Hint: It's not the wave.

Exercising Control

The difference between...

Your life happening to you

vs.

Engaging with your life around you



Contributing Factors to Unhealthy Stress

Lack of
Control/Autonomy

Overcommitting /
Saying "Yes" too much

Lack of community

Values alignment

Excessive Workload

Too little recognition

Lack of
validation/appreciation

Perfectionism

Common Reactions to Unhealthy Stress

Trouble “shutting
work off”

Disruptions to
sleep

More difficult to
complete tasks

Trouble focusing
/ more distracted

Less satisfaction
with work

Lack of
excitement or
interest

Feeling physically
unwell or
exhausted

Prevention

Sleep

Eat more of the good stuff

Breathe / Meditate / Relax

Exercise for fun

Pursue fun and passion



Helpful habits



Use calendar to make fewer decisions



Set and maintain boundaries early on



Say “no” to reasonable requests / Insert a pause



Avoid multitasking



Respect your downtime



Maintain community



Identify your values

Have a Customized Approach

- Understand the source of your stress and utilize a specific strategy



Source → Response

Out of my control

- Expected to know all areas of law
- Being asked to take on too many tasks
- Conflicts between people/departments
- Can't "shut off work" at the end of the day

Within my control

- Reframe my lack of instant knowledge
- Practice setting more boundaries
- Feel more prepared to address conflicts with helpful skills
- Do something else that demands my attention

Practical Strategies: Organizational Techniques

Habits – Procedures



Week of August 10
Happy Birthday Dad

2013	SEPTEMBER	2013
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
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31		

2013	OCTOBER	2013
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2013	NOVEMBER	2013
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2013	DECEMBER	2013
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31		



64°
New York, NY

Organization + Productivity

Efficiently and
effectively organize
your practice

Lawyers who are
organized and have
systems in place can

reduce stress

be more productive

feel more in control

stay out of trouble

Reduce
Distractions,
Block Time &
Tame Tasks



A photograph of a man with a beard, shirtless, holding a spotted frog up to his open mouth. The background is a clear blue sky with light clouds. The man's head is tilted back, and his mouth is wide open, showing his teeth and tongue. The frog is held by its hind legs, and its front legs are also visible. The overall scene is a metaphor for taking on a challenge or a task.

Most Important Tasks



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Thank you!

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