

A group of people, mostly men in business attire, have their hands raised in a gesture of agreement or support. The background is slightly blurred, focusing attention on the hands and the text overlaid on the image.

Cunning * Baffling * Powerful

An Attorney's Biggest Foe is not Opposing
Counsel

Presented by
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Major Challenges Attorneys

Judges, Lawyers, Law Students

Compassion Fatigue & Burnout

- Emotional exhaustion from helping others in crisis
- Leads to detachment, cynicism, reduced empathy
- Common in judges, attorneys

Chronic Stress and Overwork

- Long hours, high caseloads, emergencies
- Symptoms: fatigue, insomnia, irritability
- Legal roles often 'always on call'

Moral Injury

- Conflict from actions that violate personal ethics
- Examples: mandatory sentencing, failing to save lives
- Results in guilt, shame, and emotional turmoil

Mental Health Stigma

- Culture of stoicism and self-sacrifice
- Fear of appearing weak or unfit
- Confidentiality and licensing concerns deter help-seeking

Vicarious Trauma & PTSD

- Indirect exposure to trauma through clients/cases
- Seen in lawyers, judges
- Can lead to nightmares, withdrawal, hypervigilance

Isolation and Relationship Strain

- Roles consume personal identity
- Irregular hours and emotional depletion
- Viewed as authority figures rather than peers

Identity Confusion & Purpose Drift

- Callings become identity-consuming
- Hard to set boundaries or pivot careers
- Mid-career burnout can trigger crisis of purpose

Lack of Institutional Support

- Limited peer support due to stigma
- Bureaucracy and underfunding worsen issues

Crisis Fatigue

Chronic stress created by life quakes or life disruptors, which overtime can lead to intense emotions such as:

- Fear
- Anxiety
- Anger

This unrelenting stress can leave people feeling emotionally numb and tired.

Symptoms of Crisis Fatigue

Divorce

Job Change

Suicide

Hyperarousal or High Anxiety
(easy to spot)

Withdrawing or Isolation
(harder to spot)

Anxiety Symptoms



Cognitive

- Excessive Worrying
- Difficulty Concentrating
- Irrational Fears



Emotional

- Feeling Agitated
- Restlessness
- Irritability
- Panic Attacks



Physical

- Fatigue
- Tense Muscles
- Racing Heart
- Sweaty Hands
- Restlessness

Depression Symptoms



Cognitive

- Difficulty Concentrating
- Indecision
- Hopelessness
- Feeling Worthless



Emotional

- Constant Sadness
- Irritability
- Loss of Interest in Favorite Activities
- Recurrent Thoughts of Death or Suicide



Physical

- Low Energy or Fatigue
- Trouble Sleeping
- Significant Weight Change

Depression



Psychological Nausea



Cognitive Distortion



Thinking Errors



A high-angle photograph of the Golden Gate Bridge in San Francisco, California. The bridge's iconic red-orange towers and suspension cables are prominent against a clear blue sky. The bridge spans across the deep blue waters of the Golden Gate Strait. In the background, the San Francisco city skyline is visible on the hills. The foreground shows some dry, brownish vegetation on a rocky outcrop.

Stop Minding Your Own Business

Warning Signs

- Talking or making threats about suicide

- Previous suicide attempts

- Statements revealing a desire to die

- Alcohol and drug use

- Anxiety, low mood, withdrawal or hopelessness

- Isolation

- Making final arrangements, giving away possessions

Are You OK?

Are you depressed?

Are you thinking about
hurting yourself?

Do you have a plan?

What Can You Do?

- ✓ Recognize the signs of distress
- ✓ Approach with love not judgment
- ✓ Do not minimize
- ✓ Listen Carefully - Let them talk
- ✓ Assure them they are not alone
- ✓ Acknowledge the challenges
- ✓ Encourage them to change their habits
- ✓ 10 x 10 x 10 Rule



Recovery From Depression

Medicine

Cognitive Behavior Therapy

Peer Support

Disconnect



Turn off
notifications



Read a book or magazine
rather than your phone
or tablet



Do not charge your
phone beside bed



Do not keep phone with you
during meals, exercise, or
social activities



Take healthy breaks from the
screen, and don't take the
laptop with you on weekends
or vacations

Sleep

8-9 Hours

Exercise

150 Minutes a Week

Liquids

Half Your Body Weight in Ounces

Light

Seasonal Affective Disorder

Mindfulness

Fully Present

Grounding Techniques



What are 5 things you can see?

Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel?

Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear?

Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell?

Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste?

Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

Gratitude





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Grounding Techniques



TLAP
PROVIDES:

- Confidential support
- Referrals to licensed professionals with the experience or expertise you need
- Information about local group support and resources
- ‘In the Moment’ counseling
- One-to-one local peer support
- Self-care information
- CLE / Education on Wellness
- Service opportunities

Connecting Lawyers and Law Students to Funds for Needed Care

Sheeran-Crowley Memorial Trust

- Up to **\$3,000** for outpatient counseling and medication;
- Up to **\$4,000** for intensive outpatient treatment and medication; and
 - Up to **\$10,000** for inpatient treatment.



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