



LAWYERS
ASSISTANCE
PROGRAM

***STRATEGIES FOR CREATING A
HEALTHY PRACTICE***



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A Perspective on the Use of our Time
Derek C. LaCroix QC

I frequently meet with people who are stressed to the point of distress. Often a significant contributing factor is Time. Trying to do too much in an allotted time or having difficulty determining how to spend their time, or feeling under the pressure of time. They speak of time-pressures due to the incredible speed of information turn-around, increased workload demands, and new technological capacities (e-mail, voice-mail, etc.). This results in increased stress and some people who used to feel competent and capable in their work, now feel less competent and less capable.

Take a moment to think about how you spend your time each day; do you notice that you sometimes get caught up in the tyranny of “the urgent” or crisis management. Do you react to situations as they occur as opposed to responding in a way which takes in a larger perspective?

Many issues may seem urgent in and of themselves, but when we look at them in the larger scheme of things we realize that they can are not so important; or, perhaps, that they are someone else’s priority which we are taking on as our priority as well.

In his book, **The Seven Habits of Highly Effective People**, Steven Covey speaks of dealing effectively with life’s pressures not by trying to manage time but by learning to manage yourself in time.

Covey has developed a model that can help us think about how we spend our time by looking at what’s **important**, what’s **not important**, what’s **urgent** and what’s **not urgent**.

<p><i>Quadrant I</i> Urgent Important</p> <p><i>“Necessity”</i> (deadlines, problems, hearings, crises)</p>	<p><i>Quadrant II</i> Not Urgent Important</p> <p><i>“Quality”</i> (planning, preparation, self-development, goal setting, values clarification)</p>
<p><i>Quadrant III</i> Urgent Not Important</p> <p><i>“Pseudo-urgency”</i> (don’t add value, other peoples agenda)</p>	<p><i>Quadrant IV</i> Not Urgent Not Important</p> <p><i>“Waste or excess”</i> (busy-work, excess “junk-out”)</p>

Quadrant I: Important and Urgent

Most lawyers are good at dealing with the really important and the really urgent; we will often work hard to get these things done, because we recognize that there are rewards for doing so and/or consequences to not doing so. When a trial date has arrived we make sure we get to it. In the practice of law there is much that is urgent and important. Some of the questions to ask yourself about these types of issues are; how important and urgent is this? What are the consequences of doing this first or of not doing this or of putting it off?

Quadrant III: Urgent and Not Important

In this area things appear to be urgent but are not providing much value, e.g. meetings in which nothing or very little is accomplished, or some phone calls. It may be important to someone but not to me. Ask yourself: is this *really* important to me? Is it urgent? To whom is it urgent? Could I be doing something else more useful?

Quadrant IV: Not Important and Not Urgent

This can be referred to as waste or excess. What can happen as a reaction to spending too much time in crisis management is that we lose our balance and spend our time zoning out in ways (like watching excessive TV) that don’t truly meet our needs, nurture us or help us regenerate our vitality.

Quadrant II: Important and Not Urgent

We need to take time for those things that are important but don't have deadlines attached to them. These might include: planning and/or preparation, setting priorities in your life professional development, spending quality time with family and friends, and taking time for contemplation and creativity and taking time to manage your time,. These often are given a low priority and take a back seat to the "Urgent" items. Making time for these *important but not urgent* things is essential if we want to change the long-term picture of our lives.

This is a simple concept and I am sure to most of you it makes good sense. Why don't we all do it then? Why do so many people spend much of their time in activities that are urgent but not important and so little time on activities that are Important but not urgent? The answers to that are beyond the scope of this article suffice to say they are many and varied.

If you want to know more about this, or want help implementing it, please give us a call at the Lawyers Assistance Program. We are prepared to help individuals or groups to develop the skills and support to work more effectively and in a more fulfilling manner.



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GAINING CONTROL OF YOUR PRACTICE

Make your practice Your practice.

1. Be In The Moment

- Stop periodically
- Breath
- Consciously relax
- Breath some more - several deep breaths
- e.g. - When telephone rings - take 2 -3 breaths before answering
- before seeing a client, after seeing a client
- when completing one task before moving to another
- repeated occurrences in your life and use as a trigger

2. Create Time Boundaries For Yourself

We each need some time that is strictly and entirely our own, each day.

- a minimum of one 15 minute period
- no goal or product
- don't let others interrupt or don't interrupt yourself
- e.g. - 15 minutes in morning, meditate, contemplate, walk
- time just before dinner
- block out a time in office

3. Honour The Mundane

All aspects of life can be rich and full. The time, events and tasks between the "big deals" are as much a part of our life as the big deal. If we begrudgingly rush through them, racing to get to the next thing, we are abandoning a part of our life. This abandoning of our life, of the present moment can become a habit.

Take one chore you do and practice doing it with full attention - do only that one thing until it is complete. By developing the ability to be present in the mundane parts of our lives, we begin to value life itself, the everyday living of it.

4. Create Spontaneous Time

Our lives often become routine. This can lead to passivity and loss of real awareness of or attention to our lives.

- Schedule some spontaneous time (e.g. Pick an afternoon - write your own name in your day timer and take off) or pick a Saturday or Sunday - but make an appointment to stick to it.)
- then do whatever you want (as long as it is not planned)

5. Take Time To Do What You Like To Do

- schedule in something that you like to do just for the fun of it
- e.g. Bike riding, gardening, painting

6. Make Time For A Retreat

- book off time each year to get away from your schedule and your routine
- away from any schedule and routine
- best if you can get out into nature but can do in own home so long as time blocked out to be undisturbed

Suggestions for type A's

- **quit a committee**
- **take a lunch break every day**
- **schedule phantom appointments**
- **browse the bookstores**
- **throw out journals**
- **listen without interrupting**
- **drive in slow lane/classical music**
- **start/join accountability group**
- **drink less coffee**
- **make a gratitude list**
- **ask somebody to help you**
- **read, listen, say, watch something funny every day**
- **go on a retreat**

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Creating S.M.A.R.T. Goals

Specific

Measurable

Attainable

Realistic

Timely

Specific: A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:

*Who: Who is involved?

*What: What do I want to accomplish?

*Where: Identify a location.

*When: Establish a time frame.

*Which: Identify requirements and constraints.

*Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, “Get in shape.” But a specific goal would say, “Join a health club and workout 3 days a week.”

Measurable - Establish concrete criteria for measuring progress toward the attainment of each goal you set.

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

To determine if your goal is measurable, ask questions such as.....

How much? How many?

How will I know when it is accomplished?

Attainable – When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

Realistic- To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.

A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

Timely – A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal.

Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

T can also stand for Tangible – A goal is tangible when you can experience it with one of the senses, that is, taste, touch, smell, sight or hearing.

When your goal is tangible you have a better chance of making it specific and measurable and thus attainable.

My Goals by _____

My Goal is:



My Target Date is:



To Reach My Goal I will do these 3 things:

- 1.
- 2.
- 3.

I will know I've reached my goal because:

2 things that will help me stick to reaching my goal are:

- 1.
- 2.



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Phrasing your smart goals

In the spaces below, develop a statement defining your specific goal, incorporating as many of the elements that you worked on above as possible into the statement. This will include the actions you plan to take to meet this goal, your timeline, and how it will meet the organizational or personal goal you are addressing. Also indicate what types of additional skills and resources are necessary to facilitate this goal.

GOAL 1:

GOAL 2:

GOAL 3:

GOAL 4:



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If you:

- Come up with the idea to attain a goal...
- Consciously decide to attain this goal...
- Set a date to have the goal completed by...
- Put the goal in place...
- Commit your goal to someone else...
- Have a specific accountability time for the completion of your goal...

Your Success Rate Is:

10%
20%
40%
50%
65%
95%

Source: American Society for Training and Development

MENTALLY FIT FOREVER
How to Boost Brain Power at Any Age by Lee Pulos, Ph.D.

Module 1 - How to Boost Your Brain Power At Any Age

With increasing stressful and demanding lifestyles, as well as increased exposure to environmental and energy toxins, men and women today frequently complain of annoying, short-term memory problems, difficulties in concentrating and inconsistencies in their abilities to focus, solve problems and complete tasks. Is this just a recurring theme for each aging generation? Or is something different and perhaps more ominous emerging? And, most importantly, what can be done to reverse the trend?

Perhaps many "progressive" and "irreversible" signs of mental and physical aging that surface as we grow older are products of certain of our cultural beliefs. It is assumed in our society that as one ages, there is a steady, inexorable decline in mental function. However, in other cultures, research contradicts this belief. In those cultures, factors such as caloric intake and attitudes towards time, family and work – all quite different than those we maintain in our own culture – play a significant role in allowing men and women to live well over 100 years of age.

Mental fitness is a combination of biology and belief. As many of today's active older Americans discover that retirement at 65 is not satisfying, even risky, it is time to rethink what aging really means. It is time to change our habits. And it is time to shift our belief system concerning what actually is inevitable as we mature.

Module 2 – Building Blocks Of The Brain

The brain is a marvelous organ of consciousness. Built on a foundation of cells both simple and complex, the brain begins to show signs of electrical activity 10 to 12 weeks after an embryo's conception. Like a group of people surfing the Internet, clicking on various websites over and over from different terminals, neurons fire over and over in the brain, making contacts and connections from its different parts. These pulses, once considered a random byproduct of the developing brain, actually help in shaping it.

Just prior to birth, a baby has the largest number of brain cells a human will ever have – approximately 100 billion neurons and 100 trillion glial cells, a support network protecting and nourishing the neurons. Billions of these cells are lost during the birth process. Millions more are lost when we sneeze, develop a fever or suffer a bump on the head.

Exercise: Relaxed vs. Unrelaxed (from the Memory Workbook)

This exercise will differentiate between what it feels like to be relaxed and unrelaxed. It is critical that you understand and are able to differentiate between being relaxed and unrelaxed because stress has become such a part of life that we are often unaware of its existence. In just a few minutes, we hope to make you aware of how unrelaxed it feels to be tense. The differences may be subtle for some of these exercises, but the effects are cumulative. Never underestimate the potential or discomfort to distract you. If you don't believe us, the next time your foot falls asleep, try to sit down with a book and fully concentrate on what you are reading! As you compare each part of your body you may want to rate the relaxed and tensed feeling on a scale from 1 to 20 (with 1 being completely relaxed and 10 being very tense). For example, rank from 1 to 10 what your hands feel like clenched and then unclenched.

For this exercise, sit in an upright chair and place your body in each of the following positions and hold the position for twenty seconds. We will start off with the unrelaxed position so that you can compare the difference in tension within your body. As we progress through each stage, relax the parts of your body that were previously unrelaxed. Take the time necessary to appreciate the difference between relaxed and unrelaxed.

1. Shoulders

Unrelaxed: Shrug your shoulders and hold them as high as you can get them for twenty seconds.

Relaxed: If your chair has armrests, place your arms there. If not, rest your hands on your upper thighs, fingers pointing in and elbows slightly bowed. Your shoulders are broad and firm. Let all the muscle groups in your shoulders and neck completely relax.

2. Arms

Unrelaxed: Stretch your arms straight out in front of you, holding them parallel to the floor. Feel the tension building in your arms.

Relaxed: Bend your arms at the elbow with your wrists resting on your thighs. Allow all the muscles in your arms to relax.

3. Hands

Unrelaxed: Clinch your hands into a fist and hold.

Relaxed: Rest your hands in your lap with the fingers slightly curled, allowing all the small tendons and muscles to completely relax.

4. Back, chest and stomach

Unrelaxed: Arch your back pushing your stomach forward. Tighten all the muscles in the front and rear of your torso.

Relaxed: Rest your back gently against the back of your chair. Allow all the muscles in your back, chest and stomach to completely relax.

PROGRESSIVE MUSCLE GROUP RELAXATION

Now that you are aware of the relaxed positions of your body and the importance of breathing, let's combine these to practice a relaxation exercise. This technique is called progressive muscle group relaxation. It involves focusing first on your breathing and then on different muscle groups. It may take time to get the hang of this, so try to be patient. You may want to make a relaxation tape to help you with this process. To do this, just follow the script provided and record yourself reading the steps in order. Simply read the words in the exercise verbatim, slowly and with a calm, soothing tone. If you think that the sound of your own voice might distract you, you may want to have someone else record the words. Play the tape and sit back and follow the instructions.

It may take a couple of weeks before you can really get the hang of this. You should practice these relaxation techniques at least twice a day for fifteen minutes. Remember, don't get stressed over relaxation. Be patient and your senses will be ready to attend to your environment.

Exercise: Progressive Muscle Group Relaxation

1. Sit in a comfortable chair in a safe environment with your hands lying on your lap or resting on the arms of the chair and your feet resting comfortably on the floor. Allow yourself to get comfortable and. When you are ready. Slowly close your eyes. Take in a deep breath of cleansing, fresh air, filling your lungs to their full capacity. Now slowly exhale. Let go of the day's tensions, worries, and anxieties. Keep in mind as you become more relaxed that you have the ability to leave this relaxed state any time you wish. To do so, simply open your eyes, and all the normal sensations will return to your body.
2. Take a couple more deep breaths. Breathe in through your nose, letting the fresh air fill your abdomen, lower chest, and upper chest. Hold for a couple of seconds and slowly release the air through your mouth. Feel the tension leave your body and allow your body to relax, let go. With each breath notice how much more relaxed you become. As you become more relaxed, your breathing will return to normal. Do this a few more times. (Pause for thirty seconds)
3. As you continue to breathe and relax more and more, allow yourself to become aware of your feet. Feel the tension of your feet against the floor. Allow the tendons in your toes to relax. Let the soothing relaxation move up your feet, across the bottoms of your feet and across the tops of your feet. Your heels, Achilles tendons, ankles, are all very relaxed.
4. Allow this warm relaxation to now move into your lower legs. Notice how the muscles in your calves are relaxed. Let the relaxation move into your knees, into your thighs, and the backs of your upper legs. Your legs and feet are now completely relaxed and feeling heavy against the chair and floor.

Cue Yourself For Relaxation

Relaxation can be achieved easily – the problem is that frequently we're too caught up in our actions to remember to relax. Therefore, use cues to remind you to engage in relaxation. Events such as hanging up after a telephone call, or completing a section of a newspaper, or when a television show you were watching ends can all be used as reminders to do your relaxation. Think of events that may cause stress for you and use these as personal reminders! Make a commitment to take a moment to relax your body and mind after being cued. Soon you will find that the cues will become automatic and that you'll be implementing relaxation principles without even being fully conscious of it.

Memory Tip: Create a Word

If there are a group of letters that you need to remember you can make up a word to represent the letters. For example, let's say you are writing your credit bureau to ask for a copy of your credit report. The credit bureau's name is TRA Enterprises. If you find that you are having difficulty remembering the name of the company, you can associate it with the word "ExTRA." TRA stands for the name of the company and the E in extra stands for enterprises.

RELAX RECAP

Your senses are like radar dishes that pick up the information that surrounds you. Therefore your senses are the first step in remembering something. Remember, you can't recall that which you never picked up to begin with. Essentially, anxiety will distract your senses. Anxiety is like static that blocks your information receptors (your senses are your receptors). Relaxation techniques will serve to stop that annoying static. You know when you turn the dial of your radio just a fraction away from the station and you get that half radio-signal/half static sound? Annoying, isn't it? Well that's a lot like you trying to learn new information while experiencing anxiety. Relaxation helps tune in to that signal by keeping the static of anxiety at bay. Just as your five senses are the first step to remembering, relaxation is the first step for your senses to work at their optimum level.

We learned how to relax the parts of your body. We learned relaxing breathing techniques and progressive muscle group relaxation. *These are examples of how to relax and combat anxiety.* But remember that relaxation has to be sought. It requires effort and patience.

Slowly, slowly even an egg begins to walk.

-Ethiopian saying

BENSON RELAXATION TECHNIQUE

THIS IS A RELAXATION TECHNIQUE DEVELOPED BY DR. HERBERT BENSON. IT CAN BE LEARNED FAIRLY QUICKLY, YET CAN PRODUCE A STATE OF DEEP RELAXATION. ONE ADVANTAGE OF THIS PARTICULAR METHOD IS THAT IT IS "PORTABLE". ONCE YOU LEARN IT YOU CAN USE IT QUICKLY, WHEREVER YOU ARE. YOU DON'T NEED TO LIE DOWN OR USE A TAPE. YOU SHOULD PRACTICE IT ONCE DAILY FOR ABOUT 5 MINUTES. YOU WILL NEED TO PRACTICE REGULARLY, AT A TIME WHEN YOU **DON'T** REALLY NEED IT, TO BE ABLE TO USE IT EFFECTIVELY IN STRESSFUL SITUATIONS.

1. Close your eyes...take a few moments to settle into a comfortable position...as you adjust to sitting comfortably with your eyes closed.
2. Tell yourself that you are taking a 10-minute long vacation right now...put aside all thoughts or worries just for the next 10 minutes...
3. Now become aware of your breathing...your chest rising and falling...air moving into your nose or mouth and then out again....
4. Now, just keep breathing as you are, and get ready to take a deep breath and hold it - not yet! - just get ready....
5. Now, just the way you did before...slowly take a deep breath while you raise your shoulders and tense your arms, fists and midsection, and hold your breath...hold it in...tight, tense...and now....
6. Let go...go limp...let your breath come normally...let go...go limp...every time you exhale, let go some more...
7. Breathe normally for 15-20 seconds.
8. Now, do that again...ready...take a deep breath and tense shoulders, arms, fists, midsection and hold your breath...tight, tense...and now...
9. Let go...go limp...breathe normally...let go...go limp...every time you exhale, let go some more...(allow about 15 seconds)...
10. Now just keep breathing at your own natural pace...and every time you exhale, say the word "*relax*" to yourself...just do that over and over...and every time you say "*relax*", let go and go limp even more...ignore any other thoughts that might come...and just keep saying "*relax*" every time you exhale...
11. Now get ready to open your eyes shortly...you might want to stretch a bit first...and open your eyes as soon as you're ready...

This is a skill which requires practice. Just two weeks of daily practice will make it a useable skill.

Eliciting the Relaxation Response

Using these four basic elements, one can evoke the response by following this simple procedure:

In a quiet environment, sit in a comfortable position

--

Close your eyes

Deeply relax all your muscles, beginning at your feet and progressing up to your face -- feet, calves, thighs, lower torso, chest, shoulders, neck, head.

--

Allow them to remain deeply relaxed.

Breathe through your nose. Become aware of your breathing. As you breathe out, say the word "one" silently to yourself. Thus: breathe in...breathe out...with "one". In...out, with "one"...

Continue this practice for 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes open.

Body Inventory

The following exercises promote body awareness, and will help you identify areas of tension.

Internal Versus External Awareness

1. First focus your attention on the outside world. Start sentences with "I am aware of..". (For example, "I am aware of the cars going by outside." "I am aware of people talking around me.")
2. After you have become aware of everything that is going on around you, shift to focusing your attention on your body and your physical sensations, your internal world. (For example, "I am aware of feeling warm"; " MY stomach is gurgling." "I am tense in my neck.")
3. Shuttle back and forth between internal and external awareness. (For example, "I am aware of my buttocks on the chair, the noise from the printer, my shoulders hunching up, the smell of an apple.")
4. Used at free moments through the day, this exercise helps you to separate and appreciate the real difference between you inner and outer worlds.

Body Scanning

Close your eyes. Starting with your toes and moving up your body, ask yourself, "Where am I tense?" Whenever you discover a tense area, exaggerate it slightly so you can become aware of it. Be aware of the muscles of your body that are tense. Then, for example, say to yourself, "I am tensing my neck muscles.. I am hurting myself... I am creating tension in my body." Note that all muscular tension is self-produced. At this point, be aware of any life situation that may be causing the tension in your body and what you could do to change it.



SOME IDEAS ON STRESS

Stress can be defined as the response of the body to any demand placed upon it and can have a positive or negative effect on us. Most often, it is the negative that people are talking about – the distress – caused by demands that exceed our ability to cope and that detract from our well being.

Demands may come from the external (people, places, things, situations), or they may be internal (our thoughts). The latter is the most important cause of distress for any of us. As a result of the various demands, we respond physiologically (increased heart rate, sweating, rapid and shallow breathing, muscle tightness), psychologically (worry, anxiety, guilt, poor concentration, racing thoughts) and behaviorally (increase in smoking, use of alcohol, drugs, nail biting, compulsive eating, reckless behavior).

The three basic responses are interrelated, i.e. one will affect the other. The most important thing to remember is that almost all distress is of our own making. The important issue is not what I'm responding to but how I choose to respond.

Our beliefs and attitudes cause us to perceive events in our life in our own specific way, giving rise to thoughts, feelings, and behaviors that might be distressing.

If the distress in my life is, for the most part, of my own making, the only question I need to ask is "What am I going to do about it?" Blaming someone or something else is pointless and blaming myself or feeling guilty only exacerbates the problem. The one place I have the ability to effect change is within myself.

As I begin to work on myself I must develop three important attitudes: (summed up as W.H.O.)

1. Willingness – to do whatever needs to be done to eliminate the distress.
2. Honesty – with myself primarily – about my needs, wants, feelings, expectations, attitudes, etc.
3. Openness – to change - to new ways of thinking, feeling, and acting.

Derek LaCroix

February, 2002

Five other important requirements are:

1. Awareness – Self-searching needs to become a regular habit for effective stress management. We need to become aware of how we are affected physiologically, psychologically, and behaviorally. We need to know what we are responding to and what our expectations are.
2. Acknowledgement – tell another or others. This breaks the cycle of internalizing the thoughts. It helps increase the awareness and it helps lead to acceptance.
3. Acceptance – before we can change anything, we must genuinely accept our circumstance, i.e. that I am 100% accountable for where I'm at. It's like the alcoholic who has no hope of recovery until he accepts the fact that he's an alcoholic. Acceptance doesn't mean we have to like it. It just means we recognize "what is, is" – for now.
4. Action – I must decide what I can do to resolve my difficulty and do it. It helps to have a good support system to provide the support necessary to take action different from our habitual actions.
5. Appreciate – I might fall short of what my "ideal" is but I can look at what I did and appreciate the effort I put in, my willingness and the progress I am making. Seek progress not perfection. Take time to appreciate what you have done and what others have done for you. Celebrate what's right.

Physiological response.

The sympathetic nervous system (also called the fight or flight reaction) mobilizes to create a pattern of general alarm, arousal, and readiness to operate physically against external threat or dangers to the body. The sympathetic response is triggered instinctively, without conscious direction. In effect it is a reaction, rather than a response.

As well as the physiological reactions psychological reactions of fear, anxiety, or anger are also activated.

The body can live in such a state of extreme mobilization for only a brief period before it needs to relax and regenerate via the parasympathetic response, also called the relaxation response.

The relaxation response can be an antidote to stress. When the parasympathetic nervous system is activated the individual feels calm, peaceful, and alert, and the muscles relax.

Derek LaCroix

February, 2002

Sleep and physical exercise provide some relief from stress. However it appears that some wakeful relaxation procedure – progressive relaxation, meditation, self-hypnosis, psychic visualization, breath release work, to name a few- can be even more stress-relieving than physical exercise or a good night's sleep. (although such a procedure is not a sleep substitute.)

These alternative methods have one common denominator. They utilize our natural ability to obtain greater control over the autonomic nervous system.

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You may also seek professional help. Everybody gets stuck once in awhile. Guidance from a counselor or therapist can help us break through whatever is blocking us.



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Why did I want to become a lawyer?

What do I bring to the law?

What am I doing in my profession to bring “Awe” alive?

What is AWESome about being a lawyer?

(Awe is an emotion comparable to wonder but less joyous and more fearful or respectful or reverential.)

(Awesome: formidable, amazing, heart-stirring, wonderful)

(Awe is an emotion comparable to wonder but less joyous and more fearful or respectful or reverential.)

(Awesome: formidable, amazing, heart-stirring, wonderful)

Awe is the beginning of wisdom. – ancient proverb

Awe is an attitude of not taking for granted.

Goethe “in awe one feels profoundly the immense”

3. Practice Gratitude

The mind is its own place, and in itself can make a Heaven out of Hell, a Hell out of Heaven¹⁰

- How we think is more important than our objective circumstances. We have the power to transform the way we think about and experience our lives.
- Gratitude can be defined as a felt sense of wonder, thankfulness and appreciation for the way your life is today.
- Gratitude is the antidote to negativity – you can't be depressed and grateful at the same time.
- Your life situation will always be complicated – if all your problems were solved today, a new set will arise within no time – trying to solve them in order to be happy puts the locus of control outside of yourself. Be grateful for what you do have!

If in our daily life we can smile and express gratitude, not only we but everyone will profit from it. This is the most basic kind of peace work.

Thich Nhat Hanh

Take a moment and write 5 things that you are thankful for in our about your life today:

1. _____
2. _____
3. _____
4. _____
5. _____

- Research shows that doing this exercise once a week for 10 weeks will significantly increase your health and happiness! How easy is that ☺
- It is also beneficial to express gratitude to someone else directly. When you leave here, call someone and thank them for something that they did (big or small) that made your day/life happier, brighter, better, easier or more comfortable.

¹⁰ "Paradise Lost", John Milton

Cognitive Dissonance

My Values



Cognitive Dissonance

My Behaviour

If I want to feel good, I must do good.

SUGGESTED READING

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