

# **STRESS MANAGEMENT FOR LAWYERS**

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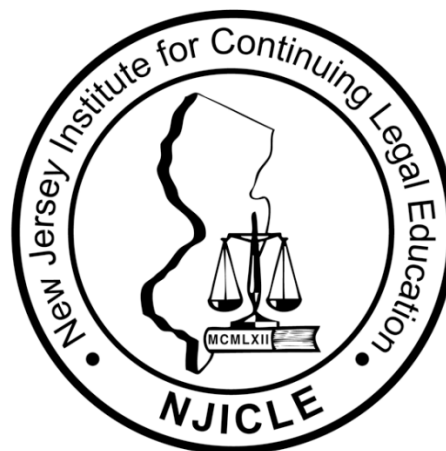
**2022 Seminar Material**

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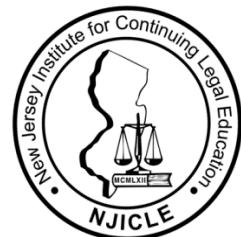
# STRESS MANAGEMENT FOR LAWYERS

## Featuring

**Cheyne R. Scott, Esq.**

*Chasan Lamparello Mallon & Cappuzzo, P.C.  
(Secaucus)*

M0849.22



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## **7 Challenges & Solutions: Stress Management and Mindfulness for Lawyers**

**Cheyne R. Scott, Esq.**

### Presentation Questions

- What is mindfulness?
- How can you incorporate mindfulness into your practice and daily life?
- What are 7 common challenges faced by attorneys?
- What are some proposed solutions to those problems and how can mindfulness help?

### Opening Meditation

### Mindfulness Definitions

- Mindfulness: Attending to the present moment and cultivating an attitude of curiosity, openness and acceptance in one's experience.
- Mindfulness: mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

### Why is Mindfulness Important?

- Improves cognitive performance
- Increases focus & reduces stress
- Reduces anxiety
- Decreases depression
- Leads to healthier responses to challenging social situations
- Reduces implicit bias
- Increases compassionate responses

### Why is Mindfulness Important to Attorneys?

- Studies show that mindfulness can mitigate some of lawyers' biggest challenges and have a positive impact on lawyer wellbeing and success.

### Why is Mindfulness Important to Legal Employers?

- Mindfulness can lead to higher productivity and overall job satisfaction.
- Failure to consider the mental health of lawyers can lead to litigation.
  - NJLAD prohibits discrimination in the workplace against disabled workers
  - According to the New Jersey Office of the Attorney General, disability includes "any mental, psychological or developmental disability that results from conditions that prevent the normal exercise of any bodily or mental function..."

## 2017 ABA National Taskforce on Lawyer Well-Being

- 21-36% Problem Drinkers
- 28% Depression
- 23% Elevated Stress
- 25% Work Addiction
- 11.5% Reported Suicidal Thoughts

## Understanding Stress, Anxiety and Other Emotions

- The Model
- Fight or Flight Response
- Reacting vs. Responding
- Stress can make you sick

## 7 Common Stressors for Lawyers

1. Perfectionism
2. Worst Case Scenario Thinking
3. Lack of Boundaries
4. Impostor Syndrome
5. Compassion Fatigue
6. Loneliness
7. Victim Mindset

## How to Get Started with Mindfulness

- Identify a mindfulness technique that works for you.
- Awareness
- Acceptance
- Willingness to change

## Common Mindfulness Techniques

- Meditation
- Yoga
- Gratitude Journaling

## Other Mindfulness Techniques

- Exercise
- Non-Legal Reading
- Removing Stressors from Your Life



## About the Panelist...

**Cheyne R. Scott** is a civil litigation attorney and Partner in Chasan Lamparello Mallon & Cappuzzo, P.C. in Secaucus, New Jersey. She concentrates her practice in contracts, governmental entity representation, and labor and employment law; and represents individuals, municipalities, counties, authorities and school boards in litigation and compliance matters arising under New Jersey's *Tort Claims Act* (Title 59).

Admitted to practice in New Jersey and Michigan, and before the United States District Court for the District of New Jersey, Ms. Scott is Past President of the Hudson County Bar Association's Young Lawyers Division and a Trustee of the Association. She is a member of the New Jersey State Bar Association's Diversity Committee, the NJSBA Labor and Employment Law Section's Executive Committee and was selected by the Association as a 2016-2017 Leadership Academy Fellow. She has also served on the Board of Directors of the Garden State Bar Association.

Ms. Scott has lectured for ICLE on labor and employment matters and has also lectured and written on mindfulness and self-care for attorneys. Her article "Mindfulness: A Simpler Way to Alleviate Attorney Stress" was published in the American Bar Association's *GPSOLO Magazine* (July/August 2017). Ms. Scott is also the author of "The ABCs of Emotional Health" which appeared in the July 2019 issue of *New Jersey Lawyer*. She is the recipient of several honors.

Ms. Scott received her B.A. from Michigan State University and her J.D., *cum laude*, from Thomas M. Cooley Law School. She served as a Judicial Intern to the Honorable Patrick J. Duggan, United States District Court for the Eastern District of Michigan. She was also Law Clerk to the Honorable Sheila A. Venable, Presiding Judge, Criminal Division, Hudson County, Superior Court of New Jersey.

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