



Healthy Coping Mechanisms

ACC-Northeast

April 2nd, 2025

We're FREE,
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.



Healthy Coping

A Multifaceted Approach

Evaluating Your Coping Strategies

Unhealthy

Quick result

Doesn't take much time

Doesn't take much effort

Leaves the underlying issue unchanged

Provides temporary escape

Healthy

- Results take a little while
- Requires time and planning
- Requires effort
- Addresses at least one underlying issue
- Provides a longer-lasting benefit
- **The Pursuit of Healthy Control**

Pressure



Activates our
Fight/Flight/Freeze reaction



Makes us feel like we don't
have enough time



We end up making quick,
inadequately considered
decisions

Pillars of Our Health

- Physical
- Intellectual
- Emotional
- Social
- Spiritual
- Vocational
- Financial
- Environmental

(NIH: National Library of Medicine)

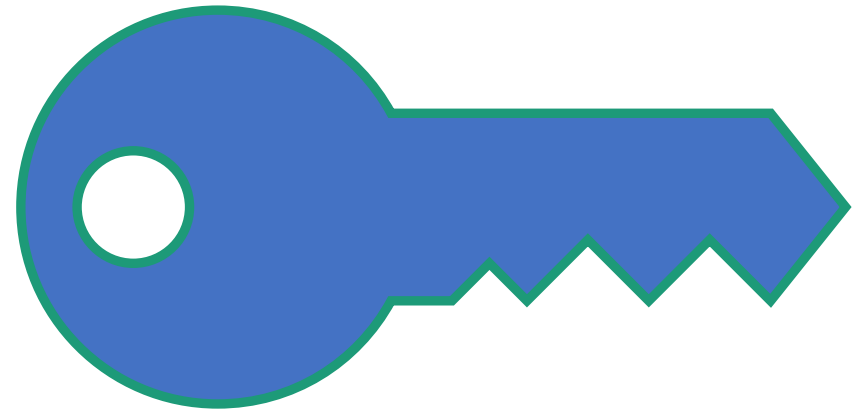


Not this. This is unrealistic.



And...
definitely
not this!

Awareness is the Key



Periodic Check- ins



How is this domain of stress currently?



Have my stressors changed recently?



How does it compare to a happier/healthier time in my life?



What are my options right now/in the near future to improve this area?



Do I need something different at this time in my life?



Who's on my team?



Physical

Sleep

Exercise/Movement

Nutrition

Awareness of your body

Regular check-ups with your doctor





Intellectual

- Lifelong learning
- Growth mindset
- Curiosity
- Teaching others

Emotional

Emotional
intelligence (EQ)

Managing your
emotions

Feeling positive
about your life

Social



- Maintaining healthy relationships/connections with others (across settings)
- Developing friendships/new relationships
- Caring about others and letting others care for you
- Contributing to your communities

Spiritual

Finding purpose, value, and meaning in life (with or without organized religion)

Participating in activities consistent with your beliefs and values

Being a part of something bigger than yourself (e.g., a religion, a community, your family, a movement or cause)

Vocational

Occupational pursuits/activities that provide satisfaction, personal enrichment, that are consistent with your values, goals, and lifestyle.

Contributing your unique gifts, skills, and talents to work in a meaningful and rewarding way.

Financial

- Being aware of your unique financial values, needs, and circumstances, and that others' may differ.
- Managing your resources to live within your means, make informed decisions, have realistic goals, and be prepared for unexpected needs or emergencies.



Environmental

Appreciate how your social, natural, and constructed environments affect your health and well-being.

Spend time in nature.

Have a Customized Approach

What others recommend or do might give you ideas for what some options are, but...

Develop an approach that works for you and re-evaluate it regularly.





Shawn Healy, PhD
shawn@lclma.org

Thank you!

www.lclma.org

617-482-9600