



# Tools for Stressful Moments

ACC-Northeast

March 11<sup>th</sup>, 2026

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and *FOR YOU.***

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



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## **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.

# 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

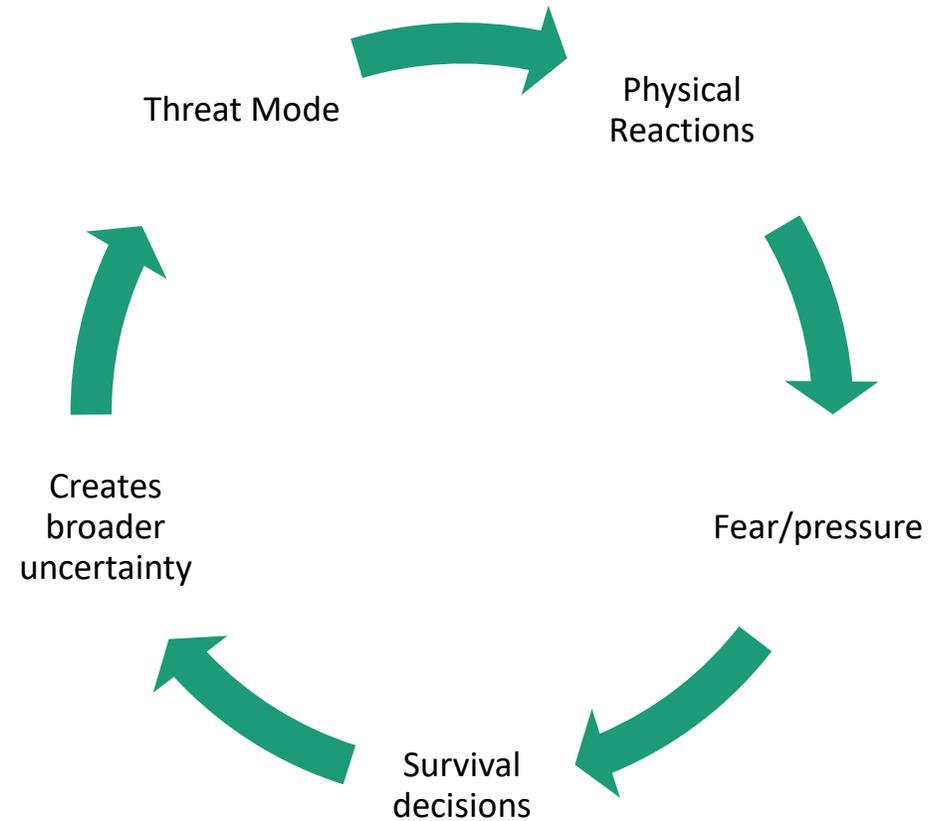
- Results take a little while
- Requires time and planning
- Requires effort
- Addresses at least one underlying issue
- Provides a longer-lasting benefit
- **The Pursuit of Healthy Control**

# Prevention AND Moment-Ready

- Prevention makes acting in the moment much easier and more effective.
- Being prepared for the moment with an array of options increases your resilience.
- Practicing those options makes your efforts more effective.

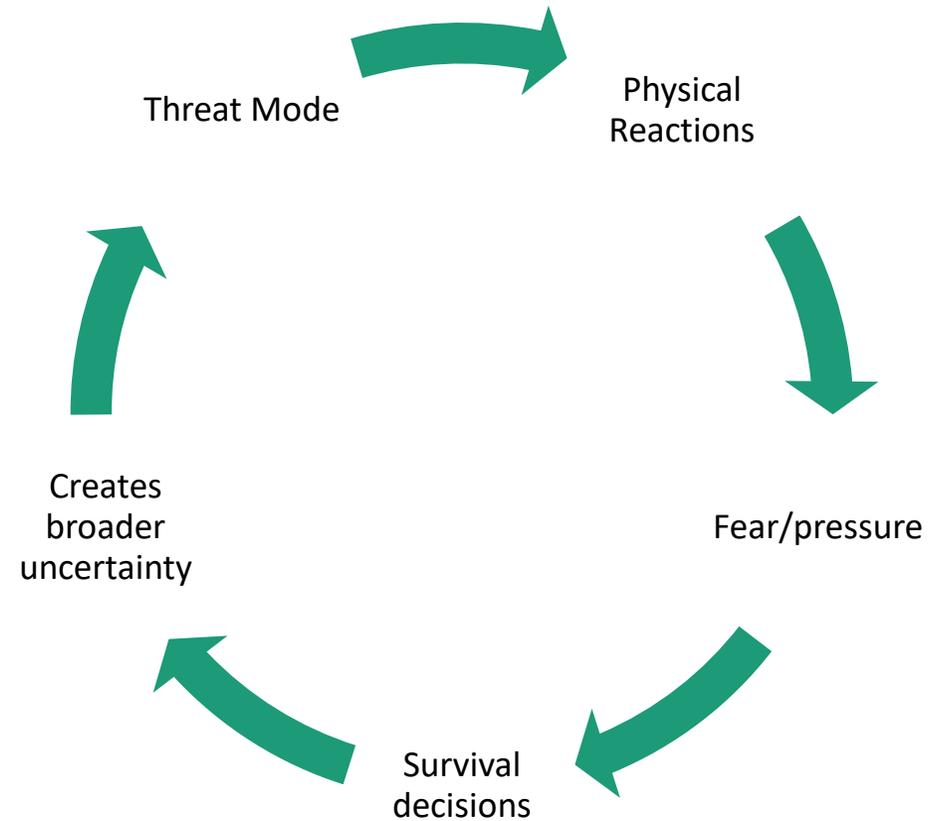
# Understanding the Chain Reaction

Stressful  
situation



# Understanding the Volume Dial

Stressful situation



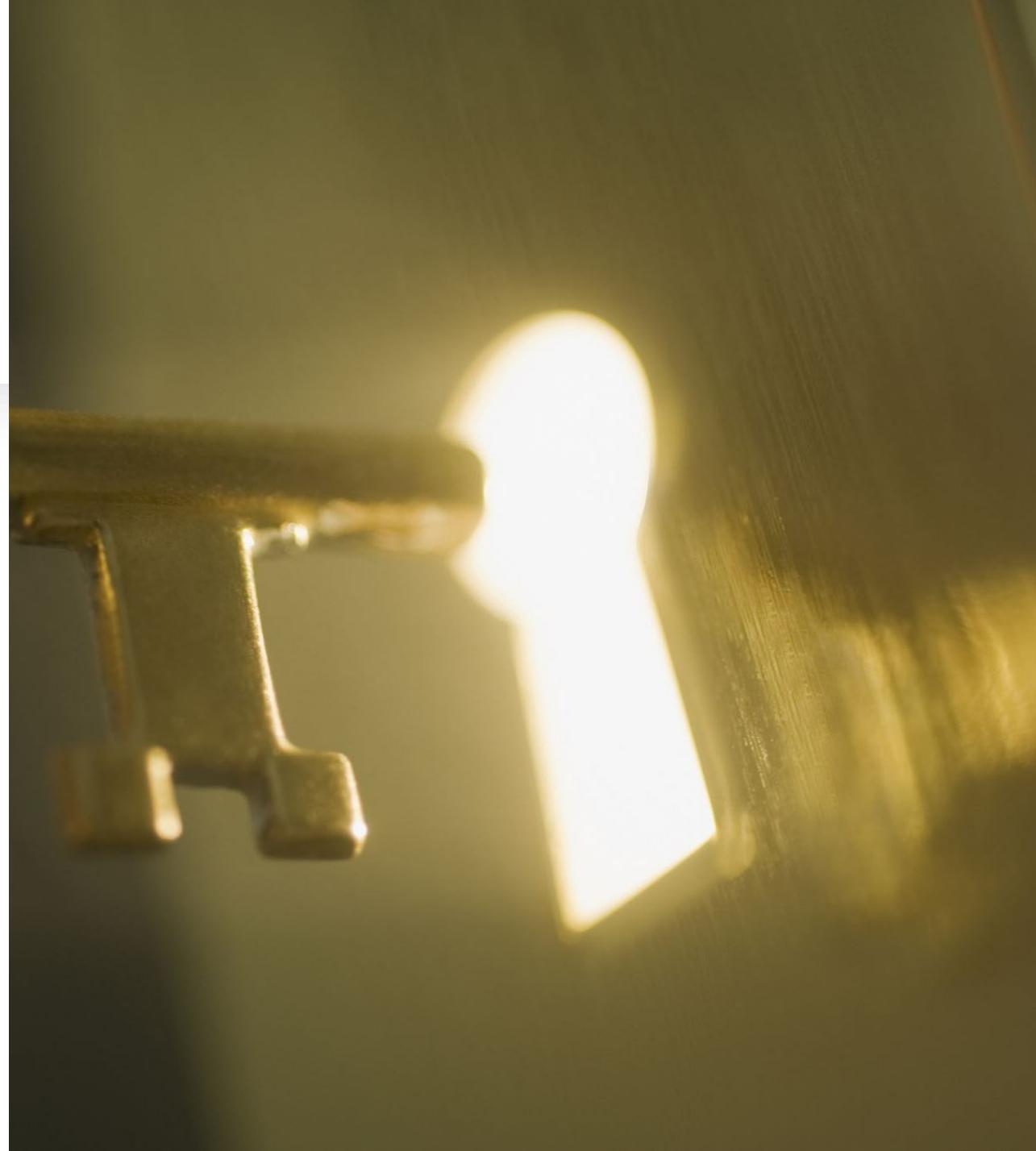
Regular self-care =  
volume low

Impaired self-care =  
volume high

Starting Point

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**Awareness is Key**



Control Over:  
Physical  
Reactions

Mindfulness

Breathing

Heart Rate

Muscle Tension

# Control Over: Pressure Felt

**Exert**

Exert control

**Insert**

Insert a pause

**Ask**

Ask for clarification

# Control Over: Threat Interpretation

Reinterpreting  
the situation

- Trauma-informed approach (e.g., doing the best with what they have)
- Creating some distance (e.g., it's not personal)

Focusing on your  
strengths and  
abilities

Shift perspective  
(e.g., what  
would you  
advise a friend?)

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Thank you!

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