

**MINDFULNESS FOR SPORTS AND
ENTERTAINMENT ATTORNEYS:
BENEFITS FOR YOUR PRACTICE, HEALTH AND WELL-BEING**

**PRESENTED BY LESLIE E. WALLIS
OGLETREE, DEAKINS
LESLIE.WALLIS@OGLETREE.COM**

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Mindfulness and Competence

◎ ABA Rules on Competence

- 1.1, 1.2, 1.4, 2.1
- Lawyers must provide competent representation
- Includes legal knowledge, skill, thoroughness and preparation necessary for the representation.
- Communication and Truthfulness
- Professional judgment

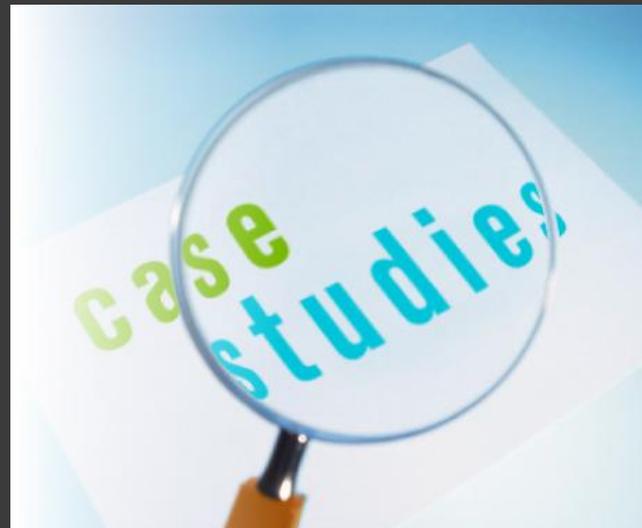


National ABA Task Force on Lawyer Well-Being

- ◎ 2017: Task Force did study with entities & stakeholders within and outside the ABA
- ◎ 2018: ABA House of Delegates passed a resolution to accomplish Task Force goals to move away from current, unsustainable state of profession
- ◎ Resolution includes:
 - Encouraging good self care & help seeking
 - Wise decision making and Communication
 - Attracting and retaining the best talent

Studies on Attorneys and Dependency & Mental Health Issues

- ◎ Percentage of Attorneys with Substance Abuse and Mental Illness far exceeds that of the general population
- ◎ Percentage of attorneys who suffer from Depression, Anxiety and Stress is significant



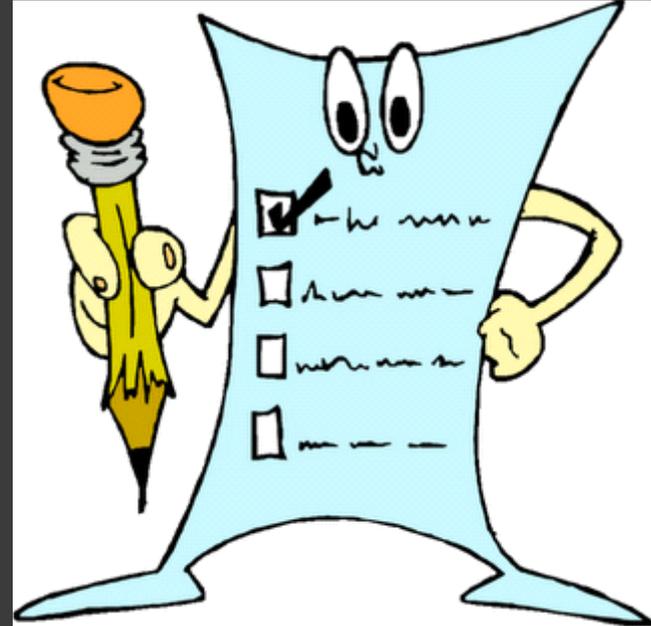
Doing v. Being

- ◎ The “Fixer”
- ◎ Avoidance
- ◎ How healthy are you?
- ◎ Is there balance in your life?
 - How precarious is the balance?



How do you think of yourself?

- Healthy?
- Involved?
- A helper?
- A fighter?
- A planner?
- Getting through?
 - Concern about what is next on the list
 - Or actually experiencing events?



Attorneys and Stress

- ⦿ Lawyers suffer depression at twice the rate of the general population
- ⦿ Of approx. 1.2 million lawyers in this country, 240,000 are depressed
- ⦿ Rate of substance abuse is twice that of the general population
- ⦿ Trained to go to war
 - Not be weak
 - Check emotions at door
 - Few tools to deal with trauma
 - Constant fear of failure

The Mind of a Lawyer

- Need well-functioning executive capacities to make good decisions and evaluate risks, plan, prioritize, cope with new situations



How do we deal with Crisis?

◎ Crises and staying grounded

● Crises - examples

- Divorce
- Loss
- Family tragedy
- Business failure



● Depression/Anxiety/Addictive Reactions

- Intense pain
- Do the usual strategies for finding comfort work?
- Or do they make the pain worse?

The Mind in Chronic Stress

- Impaired language processing
- Impaired memory
- Reduced creativity
- Limited problem-solving ability
- Impaired concentration
- Reduced ability to learn
- Emotionally reactive



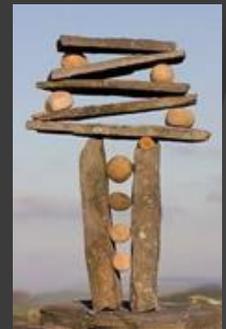
What is Stress?



- ⦿ A reaction to conditioned experience
- ⦿ Executive functions of brain are hijacked by primitive part of brain (fight, flight, freeze)
- ⦿ Not seeing clearly – glitterball mind

Mindfulness: allows us to see clearly

- ◉ When trapped in an unexamined mind, we are trapped in the past or the future
- ◉ Seeing clearly means not seeing encumbered only by our conditioning



There's nothing wrong with negativity



- ⦿ Doesn't mean – practice being negative
- ⦿ Does mean – there is nothing wrong with what you are going through. Your experience is real.
- ⦿ Negativity is not the problem – but what is your response to it?
- ⦿ What do you want to change?



Good News: Science and the Mind

- ◎ We can change our brains and the way we respond to our conditions
- ◎ Shift in brain activity
 - Average 66 days to create a new neural pathway
 - Sense of balance that comes from wisdom
 - Ultimately leads to sense of fulfillment



Mindfulness as a Tool



- Observing your physical, emotional and mental experiences with deliberate, open and curious attention
- When we are mindful we are engaged
- Use wise effort to recognize thoughts that are not beneficial; learn to choose where to place our attention
- Practice discernment v. criticism
- Balance “doing” with “being”



What is Mindfulness Meditation

- ⦿ Numerous practices...with breath meditation being a primary form.
- ⦿ Not only the mind. Encompasses body, feelings/emotions
- ⦿ Promotes balancing of the worlds of “doing”...with “being”
- ⦿ Culturally ubiquitous and secular.
- ⦿ Tool to allow taking practices “off the cushion” and into every aspect of life.



Why Mindful Meditation?



Key Benefits:

- Improved concentration / attention
- Improved working relationships
- Ability to handle stress more effectively
- Increase effectiveness
- Improve working memory, critical cognitive skills and ethical and rational decision making
- Reduce rumination, stress, depression and anxiety

- We are able to see our own minds more clearly – notice mental patterns and reflexive thinking
- It is a process that changes us as we change our relationship to our own suffering, stress/anxiety

Why Mindful Meditation?



Other Benefits:

- Improved mood
- Greater feelings of equanimity / calm / contentment
- Increased patience
- Greater compassion for others
- Internal emotional stability and clarity
- Increased longevity of cognitive function
- Improved immune system function

Three Minute Meditation



Tree

Drawing Exercise

Taking Care of Others

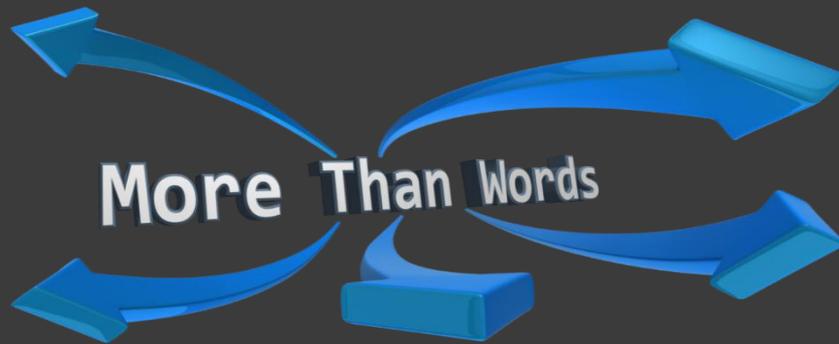
- ⦿ Recognizing potential issues in colleagues
 - Behavioral
 - Physical
 - Psychological
 - Work Changes
 - Difficult Conversations
- ⦿ Difficult Conversations
 - At some point you might find that it is necessary to address an issue with a client or a colleague

Influence

Influence Exercise

Effectively Managing Egos

- Effective communication is much broader than simply the words one chooses to use



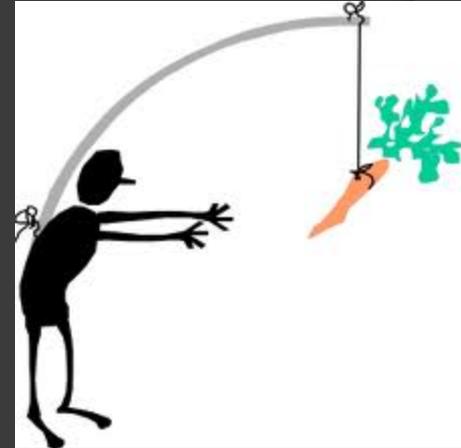
Finding Satisfaction

- ⦿ Events may not be inherently satisfying
 - When they aren't, we want the situation to be different than it is: craving/thirst for things to be different
- ⦿ Smoothing out the bumpy ride
- ⦿ Clinging to positive experiences



Dissatisfaction with Life

- Not Perfect
- Not Permanent
- Not Personal



- What is Dissatisfaction?
- What do we do with our dissatisfaction?

Dislike of our own Experiences

- Longing things to be different than they are
- **Not Perfect** – wanting to avoid life's unsatisfactory events, people, places = a losing battle with reality
- Broken ankle or loss of a friend



An exercise in observation

- What is actually happening in your physical space?
- Can you report it objectively?
- Can you listen without responding?
- Can you repeat back what you heard without commenting?
- What does it feel like to be heard?

“Shoulds” and “Shouldn’ts”

- ◎ Telling ourselves “why” things aren’t the way they “should” be.



- ◎ Finding Balance
 - Active state
 - Requires concentration and paying attention
- ◎ Don’t believe everything you think

Too much ice cream

- ⦿ **Not permanent**
- ⦿ Pleasure and impermanence
- ⦿ **Not personal**
- ⦿ Where are my choices?
 - Leaning into discomfort
 - Skiing into clarity



Belief Systems

Rating Ourselves and
Others

Peace-building



“I see the willingness to turn toward discomfort. . .[to] practice restraint, as the central discipline of [my] maturity, and the only way we can actually grow toward beings who are capable of engaging in healthy, constructive conflict, and of showing up in challenging moral or relational situations. The willingness to be with discomfort in our own bodies and minds is the beginning of peace-building, internally and externally.” ---
Asher Wallis

We Can Make Space to Choose

Between stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.

Based on Victor Frankl's book
"Man's Search for Meaning"

