

STRESS *OUT!*

Well-being and Stress Management Techniques

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SheppardMullin

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ACC Association of
Corporate Counsel
— SAN DIEGO —

Introduction

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Speaker :



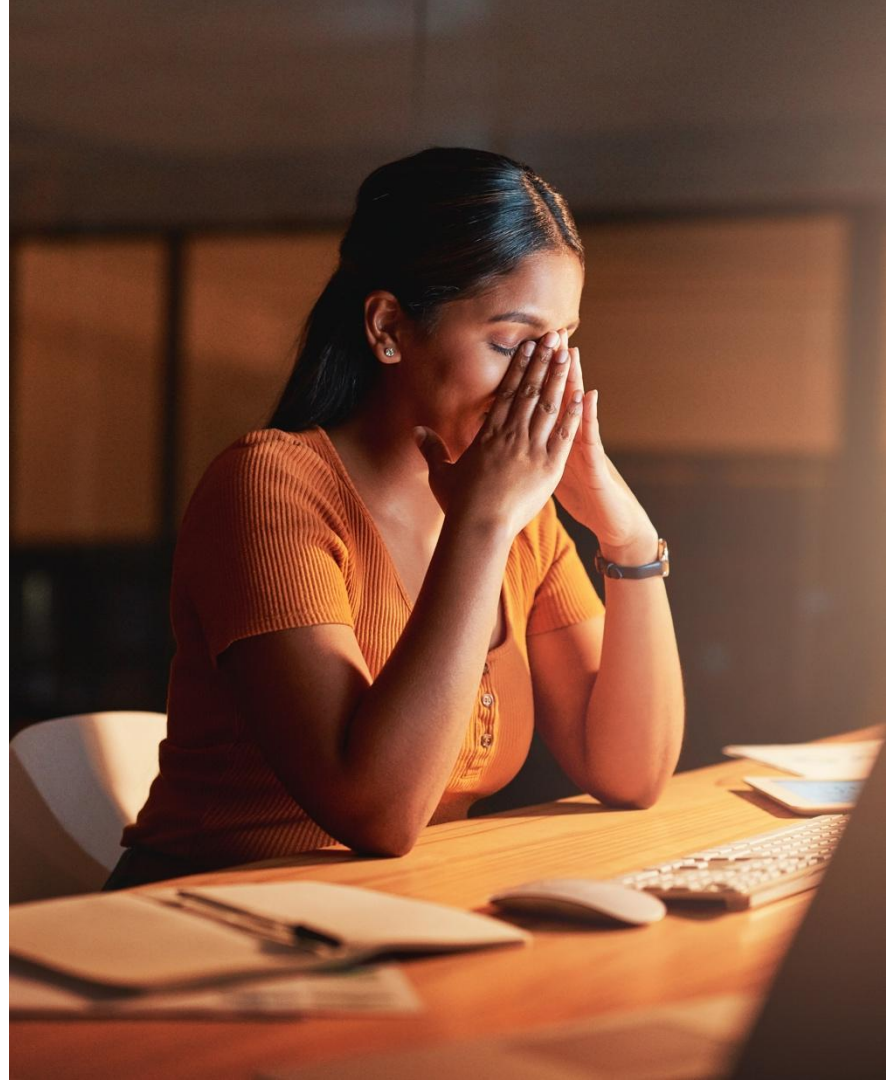
Bethany Ens

NASM Certified Personal Trainer
Sea Change Fitness

What is stress?

A state of worry or mental tension caused by a difficult situation

- Natural Response
- Short bursts can be positive (flight - or - fight)



Fight or Flight

- The fight or flight feeling is the built in stress response for the autonomic nervous system
- Autonomic nervous system controls your heart rate, breathing, vision changes helps your body face difficult situations
- Continued activation of this state causes wear and tear on your body
 - Stress symptoms can appear in several ways:
 - Physical
 - Psychological
 - Behavioral

Symptoms of Stress:

On your Body	On your Mind	On your Behavior
Headache	Anxiety	Overeating/Undereating
Muscle Pain/tension	Restlessness	Angry Outbursts
Chest Pain	Lack of Motivation/Focus	Drug/Alcohol Misuse
Fatigue	Memory Problems	Tobacco Use
Change in Sex Drive	Feeling Overwhelmed	Avoiding friends
Upset Stomach	Grumpiness/Anger	Decrease in exercise
Sleep issues	Sadness/Depression	Suppressed Immune System

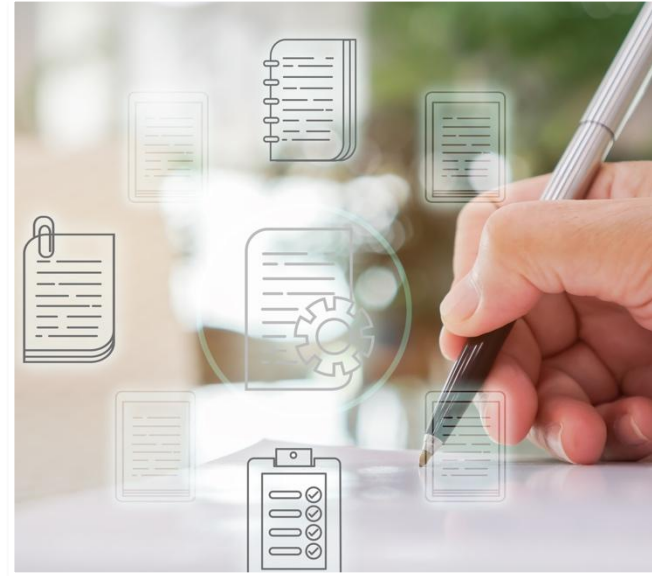
Long-term health conditions:

- Rise in Blood Pressure
- Heart Problems/Stroke
- Diabetes
- Skin Conditions (Hives)
- Asthma
- Arthritis
- Insomnia



Stress Coping Mechanisms:

- Gambling
- Participating compulsively in sex, shopping, internet browsing
- Bruxism (jaw clenching, gnashing teeth)
- Cracking knuckles
- Excessive throat clearing



Legal Professionals & Stress

- Highly Demanding/Emotionally Draining
 - Productivity
 - Pressure to perform
 - Work life balance
 - Deadlines
 - Time Management
 - Workload Management
 - Effective Representation
 - Traumatic Events
 - Difficult Emotional Situations
- Toll on Mental Health

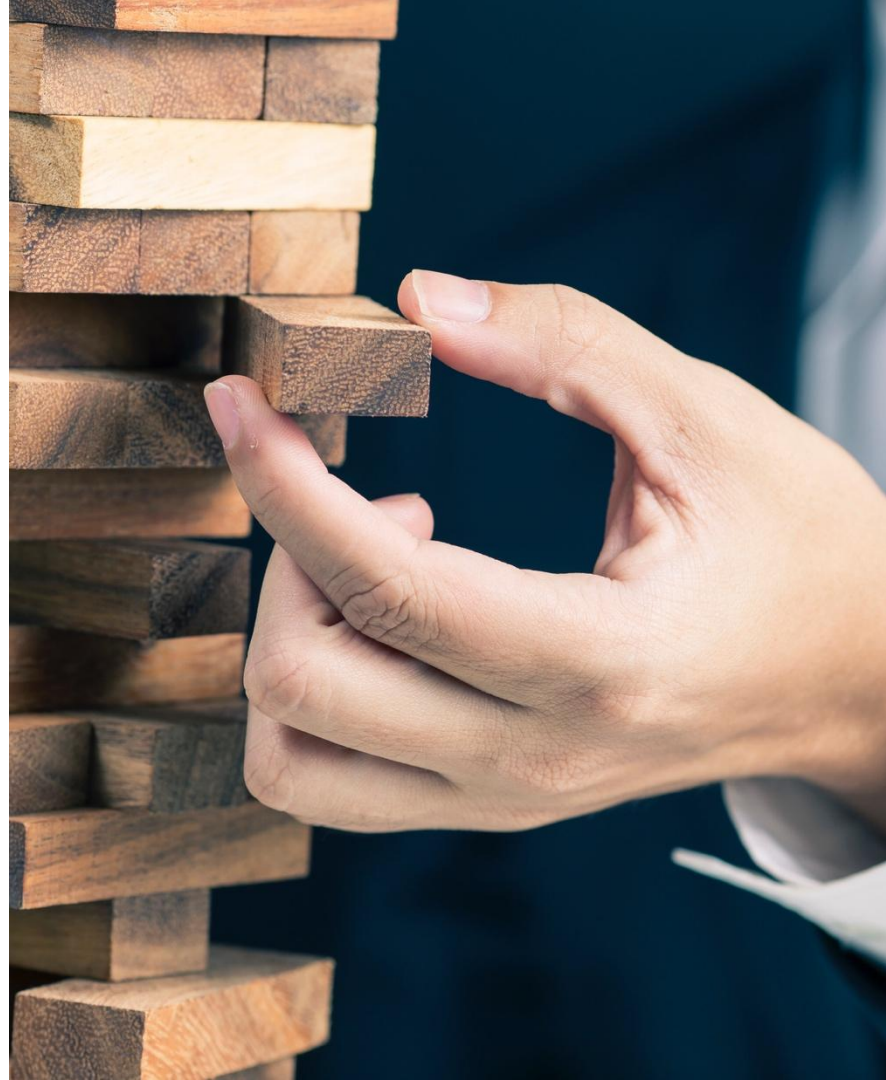


Chronic State

Legal Professionals are in a chronic state of stress

Competitive environment

Being in a competitive environment long term can exacerbate stress and anxiety



Stress Management Tips:

- Regular Exercise
- Relaxation Techniques
 - Deep breathing
 - Yoga
 - Tai chi
 - Massage
- Spend time with family/friends
- Hobbies/Passions
- Write a journal
- Healthy balanced diet
- Use less substances
- Say No
- Reflect Positively
- Practice Gratitude
- Be in the Moment
- Sleep

Calming Exercises

Diaphragmatic Breathing - sitting or standing, place hand over heart/sternum and the other over your belly. Breath in through your nose for a count of four out through your mouth for a count of eight. During this time check in with your body, repeat as many times as necessary.

Ear Massage/Pulling - index finger and thumb. This should not hurt

Neck Massage - muscle stimulates vagus nerve connects gut to brain, helps us leave stress state

Face Massage - place pads of fingers next to nose along cheekbone, go out and down with the neck if preferred.





THANK YOU

The San Diego Access & Crisis Line (1-888-724-7240)
Suicide Hotline Call or Text 988
Check Employee Benefits

Seek services if you feel
depressed or you're concerned
for your mental health