

The Profession's Pessimism Problem—Maintaining Your Well- Being in a Post-COVID World

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Program Roadmap

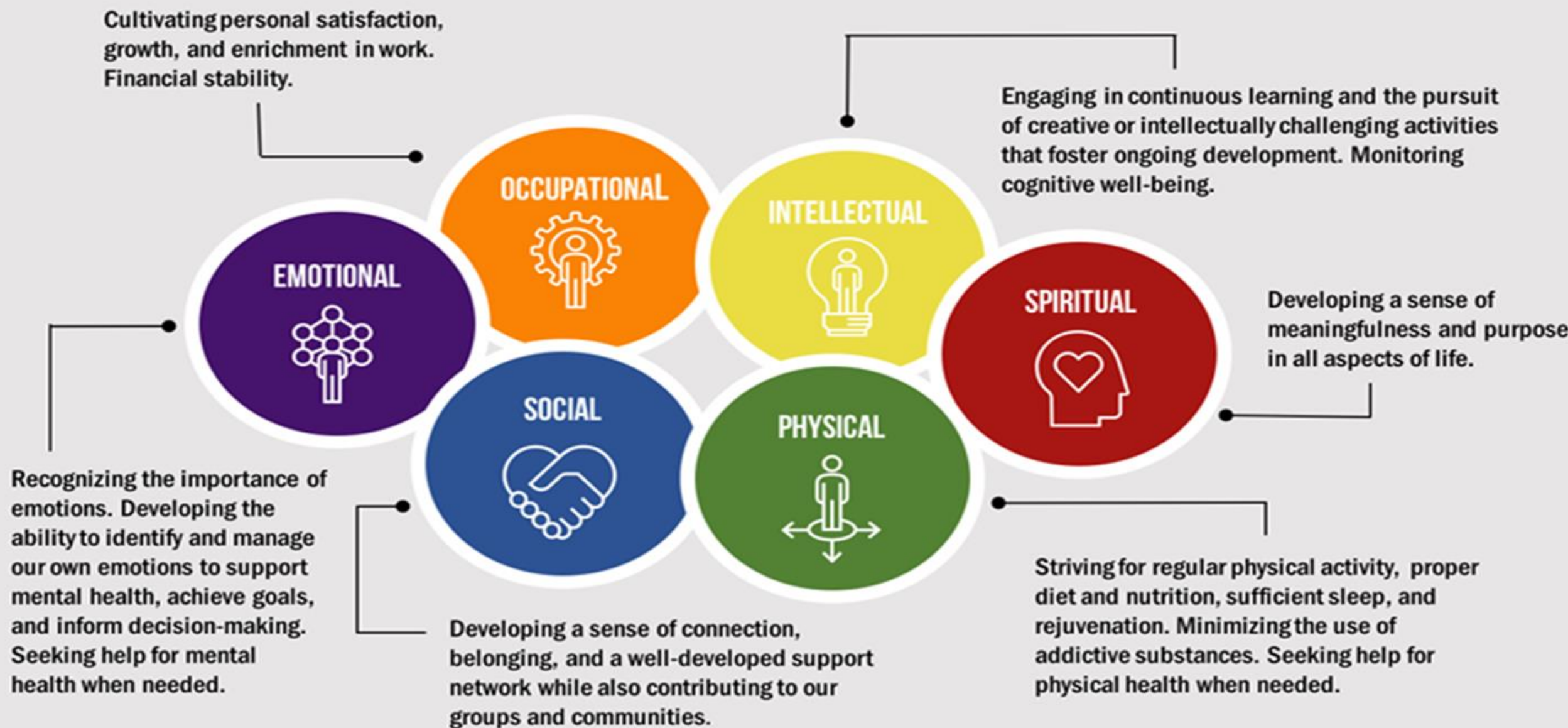
- ▶ Defining Well-Being
- ▶ The Profession's Pessimism Problem
- ▶ Evidence-Based Strategies To Blunt Negativity Bias
- ▶ Breakout Sessions

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the frame, creating a modern, layered effect.

What Does
Well-Being Mean To
You?



A continuous process in which lawyers strive for thriving in each dimension of their lives:



The Profession's Pessimism Problem



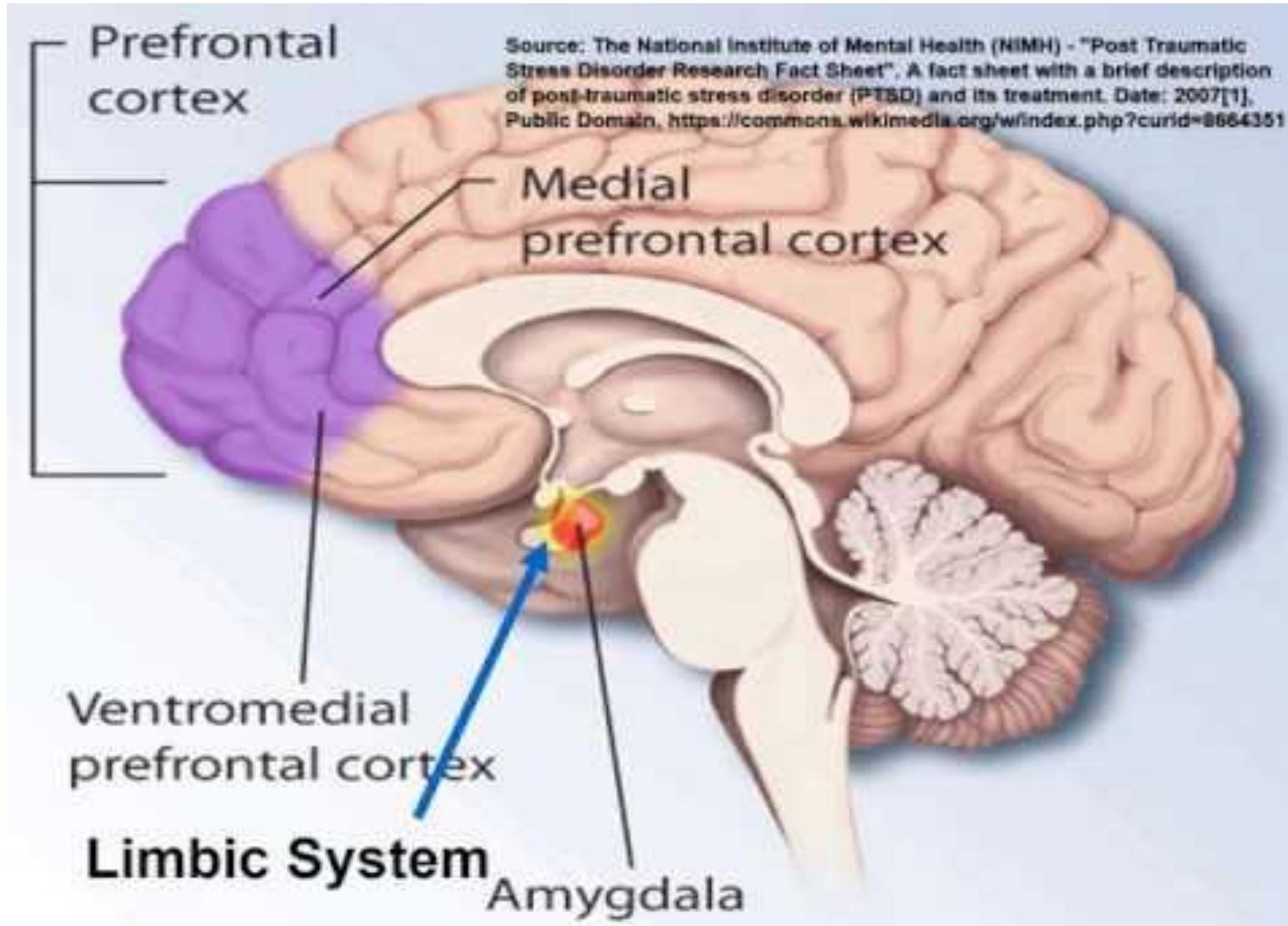
Implicit Negative Bias



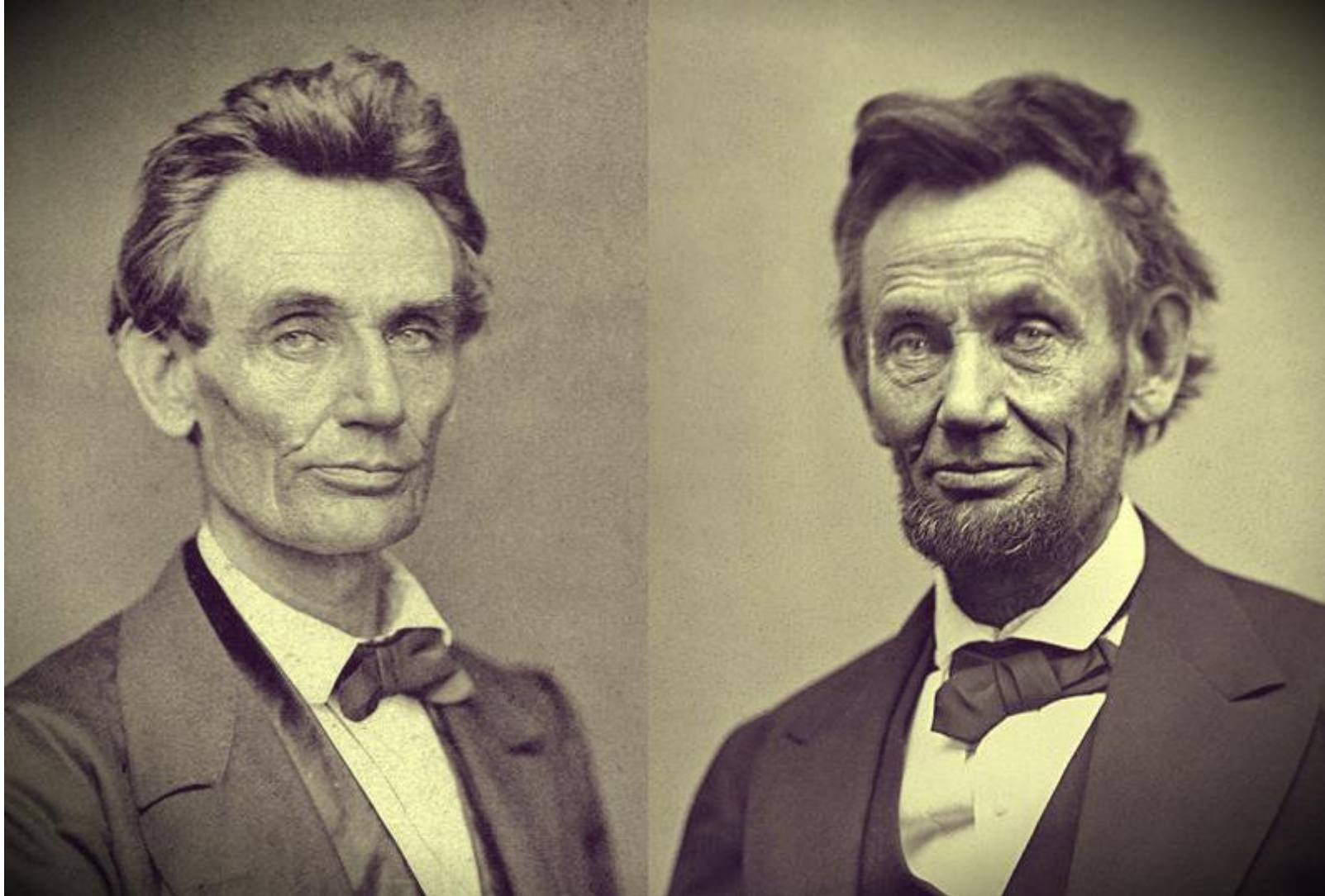
Legal Training Exacerbates Negativity Bias



Neuroscience of Negativity Bias



CLE CODE #1: Weathering



Foster Positivity & Optimism



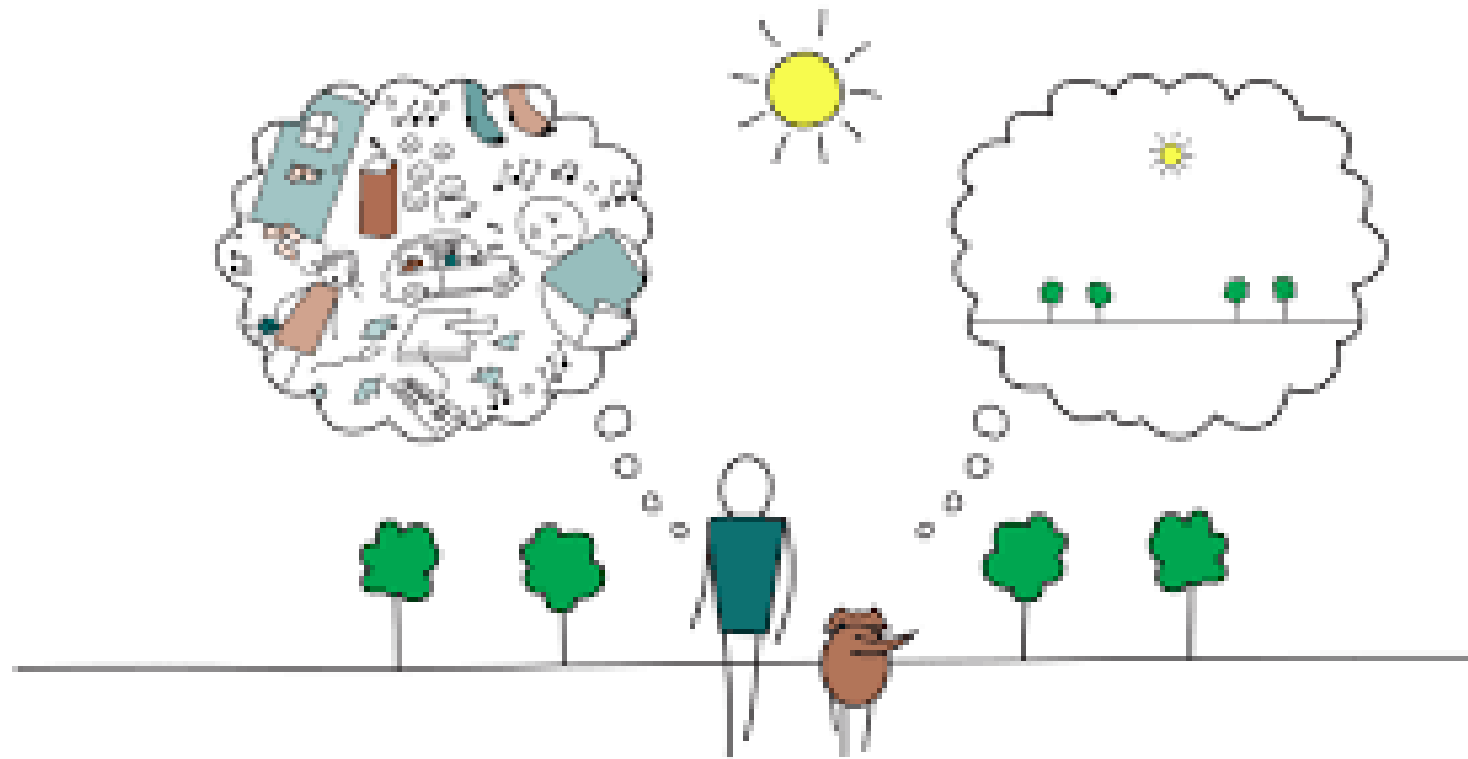
Recognize Positive Events & Express Gratitude



Engage in Cognitive Reframing



Practice Mindfulness



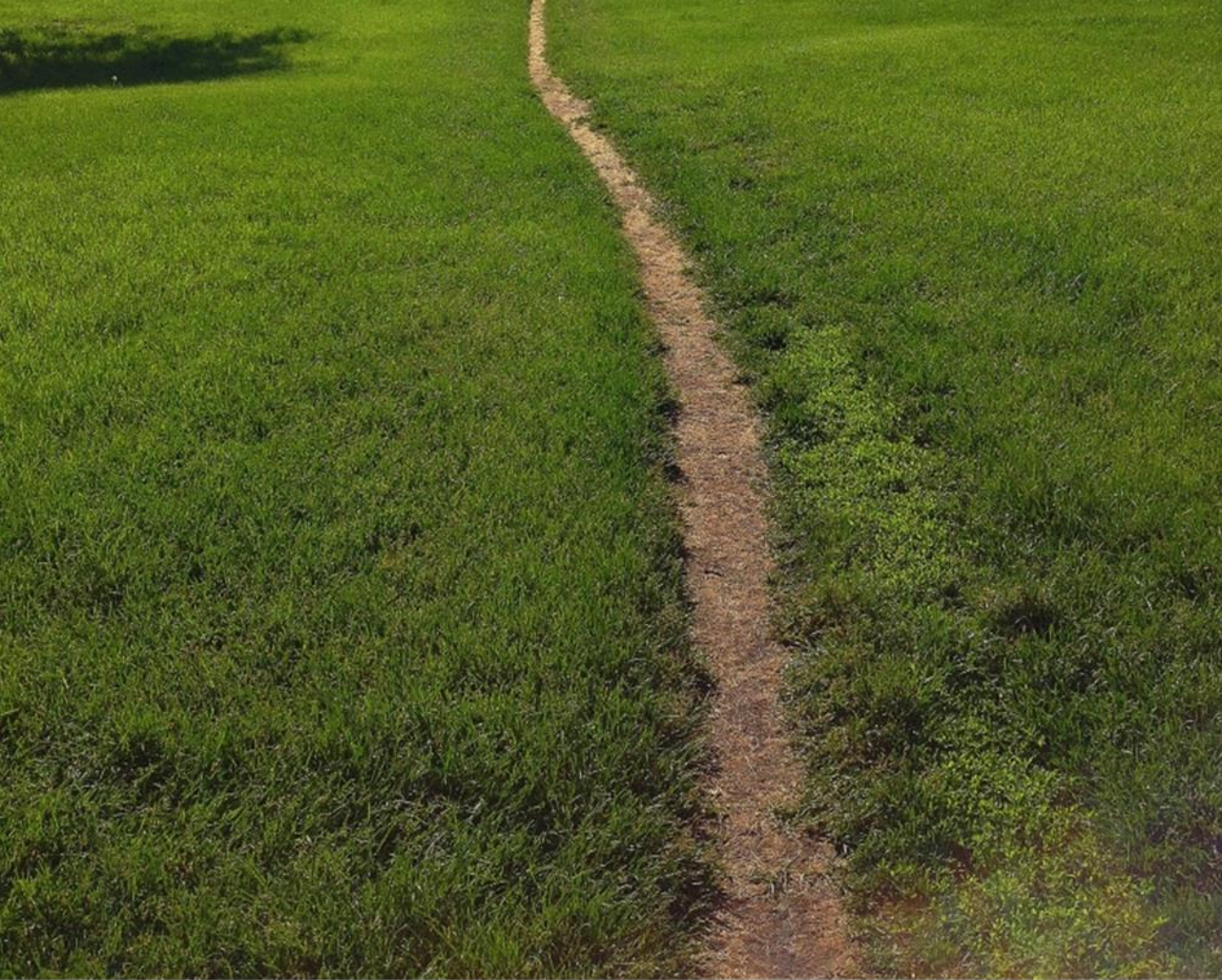
Mind Full, or Mindful?

Mindfulness Defined

“Awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally”

– *John Kabat-Zinn*

Repetition, Repetition, Repetition



Bullet Journaling for Better Well-Being

Highlights	Lowlights	Lowlights Reframed
Self-Care	Gratitude	How's It Going?
Social Connections	Food	Excited For Tomorrow

DATE: _____

Highlights	Lowlights	Lowlights Reframed
Self-Care	Gratitude	How's It Going?
Social Connections	Food	Excited For Tomorrow

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Questions?

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Attorney Well-Being Resources

The ABA and Hazelden Betty Ford Foundation study that was the first nationwide empirical analysis of mental health and substance use rates in the legal profession. Published in the Journal of Addiction Medicine in February 2016.

- https://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The_Prevalence_of_Substance_Use_and_Other_Mental.8.aspx

The Institute for Well-Being in Law's website, which contains the National Task Force on Lawyer Well-Being's report: "The Path to Lawyer Well-Being: Practical Recommendations for Positive Change" as well as information, resources, and activities for Well-Being Week in Law.

- <http://lawyerwellbeing.net/>

The ABA's website with information on the ABA's Well-Being Pledge campaign, as well as links to the ABA's Well-Being Toolkit and a template for a model impairment policy.

- https://www.americanbar.org/groups/lawyer_assistance/working-group_to_advance_well-being_in_legal_profession/

The ABA's Commission on Lawyer Assistance Programs' website, which has additional resources and contact information for each state's Lawyers Assistance Program (LAP). LAPs provide free and confidential mental health and substance use resources to legal professionals.

- https://www.americanbar.org/groups/lawyer_assistance/

A recent law review article by Jarrod Reich, Professor at University of Miami School of Law, titled Capitalizing on Healthy Lawyers: The Business Case for Law Firms to Promote and Prioritize Lawyer Well-Being.

- <https://scholarship.law.georgetown.edu/facpub/2193/>

Resources related to suicidal thinking/ideation:

- National Suicide Prevention Lifeline – 1-800-273-8255 (TALK)
- [SpeakingOfSuicide.com/resources](https://speakingofsuicide.com/resources)

If you have any additional questions about today's presentation, any of the resources listed above, or if you have any interest in a complimentary one-on-one coaching session, please do not hesitate to reach out to me via email or LinkedIn.

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