



# The Mindful Attorney

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## Agenda

- I. Introduction about LAP (5 minutes)
  - a. What is the Illinois Lawyers' Assistance Program?
  - b. What can we help with and confidentiality.
- II. 2016 ABA/Hazelden Study (5 minutes)
- III. Resiliency and Wellbeing (5 minutes)
  - a. Definition
  - b. Why attorneys are a vulnerable population
  - c. Impact of wellbeing and resilience on ethics
- IV. Why Mindfulness (10 minutes)
  - a. What it is.
  - b. Benefits and relationship to legal practice
- V. What is Mindfulness? (10 minutes)
  - a. What it is
  - b. How to develop a simple practice
  - c. Guided practice
- VI. The negative impact of Chronic Stress (10 minutes)
  - a. Optimal functioning and stress
  - b. How stress impacts functioning
- VII. Reaction versus Thoughtful Response (15 minutes)
  - a. Creating a pause or space in reactions/responses
  - b. Limiting negative responses to impact better decision making
  - c. Guided practice