



RECHARGING AND STRESS MANAGEMENT IN LAW

Research shows that successful executives and lawyers know what gives them energy. This ability to recharge both physically and mentally during the day as you work allows you to be resilient to the many stresses that lawyers face on a daily basis, and is of special importance to women lawyers.

This one-hour interactive seminar will help you to become more aware of what gives you energy and what drains you while learning how to decrease the drain through relaxation techniques, delegation and using positive no's. How to say no while building relationships can be tricky. Often it is easier to just say yes and deal with the energy drain that comes from doing a task to which you are not fully committed. Various ways for saying no as well as communication tips for bridging to others will be presented.

Through the use of questionnaires you will be able to learn what particular activities give you energy as well as your skill level on four competencies of stress management. These four competencies include *source management, relaxation, thought management and prevention*. Stress research shows that it is important to be proactive and not reactive, and this awareness will allow you to become more proactive.

Stress at low levels for a short time aids in performance but over a long time – even at low levels – can be detrimental to your health, mood and productivity. To reduce chronic stress relaxation techniques will be examined – such as breathing and mini-meditations you can do quickly and easily at your desk. Learning to be present through the use of ordinary desk objects as well as other simple meditations, such as walking, will be discussed. Managing thoughts that are disruptive and drain energy – including those of the inner judge that never hands out a good judgement – will be highlighted.

Energy management also involves the recognition and management of emotion in your day. As lawyers we live mostly in our heads so that emotion, a great guidance system for balance, can often be ignored or suppressed – all to the detriment of physical wellbeing.