



## LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

### Post-Election Self-Care

Self-care is always important, but more so during times of greater stress. As we react to election results and may be concerned about the aftermath, do you have a plan? Think ahead about what you can have in your toolbox if you feel overwhelmed. Create a tangible list – something you can refer to if and when strong feelings occur. Have mindfulness apps or other resources ready and easily accessible.

Think about all aspects of your well-being. Each of them deserves its own attention.

**Intellectual/occupational:** As lawyers we particularly value our intellectual well-being, tied to the work we do. When experiencing a high level of stress, we move to a fight, flight, or freeze response which can overtake our ability to think clearly. Identify touchstones, times when you navigated a difficult situation. Identify positive reminders of past successes – not that you “won” something, but that you were proud of your work. This can help reduce the volume of negative self-talk.

**Emotional:** Notice your feelings. They tell you when to be aware of what feels threatening or scary. They can remind you to engage in mindfulness practices. Acknowledge the feeling and think about what you can learn from it. Do you need to share with a friend, colleague or professional? Sometimes sharing with another can mitigate the impact. Think about someone you can reach out to and perhaps plan in advance to be there for each other.

**Physical:** How are you caring for your body? What is your plan for healthy eating, for movement, for good sleep? Think of the walk you can take as we have a week of nice weather. Gather some healthy snacks and other food options ahead of time.

**Social:** Who can you reach out to, to offer or to access support. If there are people in your orbit with whom you strongly disagree, you may wish to avoid connections in the short-term if you expect them to be confrontational. People will gloat and they may be rude. It will have a negative impact on your mental health if you are one of them. Remember, as a lawyer, you have developed skills to use if an opposing counsel tries to push your buttons.

**Spiritual.** Whether this is faith-based or looking at the big picture, what is most meaningful to you? How can you support that? How are you pursuing your purpose? Sometimes intense stress leads us to question our purpose, and that can be a good thing. Change may be in order.

**Cultural:** Each of us brings all that we have experienced to our view of the world and those in it, and this has an impact on every other aspect of our well-being. It is critical to recognize that we are all affected differently. For some there is trauma, for some a deep sense of disappointment or relief, and for others a wide variety of feelings and responses. All are valid regardless of their similarity to our reactions. However you identify with culture, this is an important week to immerse yourself in what you most value as positively as you can. Wrap yourself in what feels safe and comfortable and connect with those who share this with you. We can all use that support.

# Resources

[The Anxious Lawyer author Jeena Cho's blog](#)

[Attorney Spiwe Jefferson's](#) mindfulness tools and blog

[Attorney Dyan Williams Coaching blog](#)

[Karuna Community](#) - including Saturday morning meditation

[The Lawyers Depression Project](#) - an online peer-to-peer support group for legal professionals

**Mindfulness tools – some are available as apps.**

[insighttimer.com](#)

[calm.com](#)

[365gratitudejournal.com](#)

[Headspace.com](#)

[Self-compassion.org](#)