

# THE UNSPOKEN TRUTH

Impactful Ways to Reduce and Minimize Lawyer  
Anxiety



Nora Riva Bergman & Chelsy A. Castro | August 10, 2023

# NORA RIVA BERGMAN, JD

## ATTORNEY & PRACTICE ADVISOR

- Nora joined Atticus as a Certified Practice Advisor in 2006.
- She is the creator of the *50 Lessons for Lawyers* book series which includes *50 Lessons for Lawyers*, *50 Lessons for Women Lawyers – From Women Lawyers*, and *50 Lessons for Happy Lawyers: Boost wellness. Build resilience. Yes, you can!*
- A licensed attorney since 1992, Nora brings a deep understanding of the practice and business of law to her work with lawyers, law firms and bar associations.



# CHELSEY A. CASTRO, JD, MA, AM, LCSW

## ATTORNEY & PSYCHOTHERAPIST

- Chelsy is an attorney turned psychotherapist, consultant, and performance coach.
- Co-author of *50 Lessons for Happy Lawyers*.
- Founder of Castro Jacobs Psychotherapy and Consulting (CJPC), a firm specializing in lawyer well-being.
- Chelsy is an international trainer in science-based well-being and productivity training.







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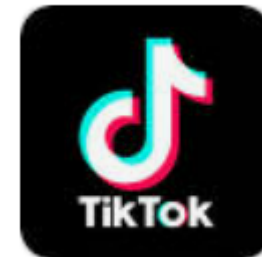
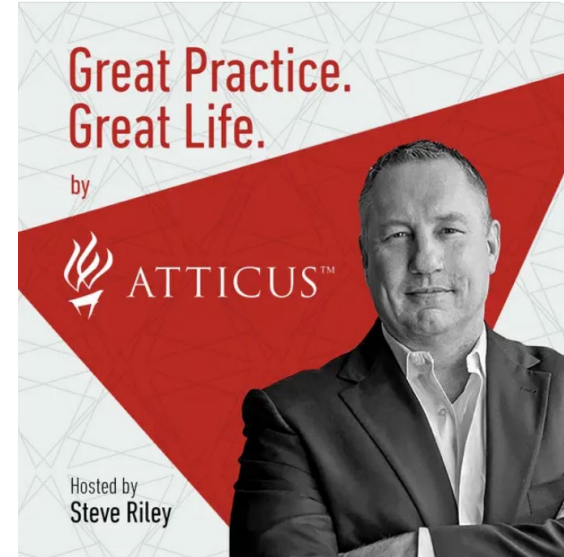
# ABOUT US

We help lawyers grow great  
practices and cultivate great lives



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# 10 Ways to Reduce Anxiety and Boost Health and Well-Being



# THE NUMBERS

**21%** of attorneys qualify as problem drinkers

**28%** struggle with some level of depression

**19%** demonstrate symptoms of anxiety

**75%** of lawyers report frequently or always working outside of regular business hours

**39%** of lawyers say these long hours negatively affect their personal lives

Sources:

Hazelden Betty Ford Foundation, American Bar Association  
2018 Legal Trends Report



**YOU ARE NOT A NUMBER.**

You can take steps each day to  
reduce anxiety and increase  
well-being and happiness.

1. CHOOSE ONE STRATEGY.
2. START TODAY.
3. STICK WITH IT.



# STRATEGY 1 THE ONE THING THAT CAN CHANGE EVERYTHING

*All things change when we do.*

– David Whyte



# Benefits of Mindfulness Meditation

Helps you manage stress

Helps you limit distractions, increase focus, boost productivity

Supports positivity, happiness, and feelings of well-being

Increases self-awareness

Reduces negative emotions

Increases creativity

Increases patience and tolerance



# JUST START.

- Consistency is key.
- Three to five minutes a day can be better than 30 minutes one day a week.
- Be patient with yourself.
- Experiment with apps:

Headspace

Insight Timer

Calm

# START WITH WHY



## STRATEGY 2 GET CLEAR ON YOUR WHY.

*It is not enough to be busy; so are the ants. The question is: What are we busy about?*

– Henry David Thoreau



# SAMPLE LIST OF VALUES

Abundance	Fairness	Freedom	Order
Quality	Responsibility	Security	Joy
Diversity	Empathy	Equality	Love
Winning	Teamwork	Creativity	Discipline
Effectiveness	Harmony	Gratitude	Humor
Self-control	Spirituality	Bravery	Achievement
Authenticity	Wisdom	Loyalty	Dependability

What increases the likelihood of happiness in a law career?

1. Authenticity
2. Interconnectedness
3. Internal motivation for work/competence



# STRATEGY 3 REKINDLE YOUR FRIENDSHIP WITH PEN AND PAPER.

*I can shake off everything as I write; my sorrows disappear; my courage is reborn.*

– Anne Frank



# The Neuroscience of Handwriting

Handwriting Improves Memory

Handwriting Improves Critical Thinking

Handwriting Improves Comprehension

Plan your day in your own handwriting.



# The Atticus Daily Focuser™



Name: \_\_\_\_\_ Date: \_\_\_\_\_

- Handwriting engages Pre-Frontal Cortex
- Builds Daily Habits
- Big Rocks First-top 3 **TO DO** list is inventory
- Top 3 is action
- Daily Accountability
- Use it Daily; start and finish

Exercise

Spend 15 minutes completing Atticus Daily Focuser™

Review Calendar, Cash Flow Focuser™ (2 Weeks Ahead)

Meet with Key Assistant — Top 3 Delegations:

1 \_\_\_\_\_  2 \_\_\_\_\_  3 \_\_\_\_\_

Today's Top 3 Objectives:	If Completed, What 3 Are Next?
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Change Voicemail Announcement, Check Messages

Check Email (Delete, Delegate, Delay, Do)

Return Phone Calls; When \_\_\_\_\_

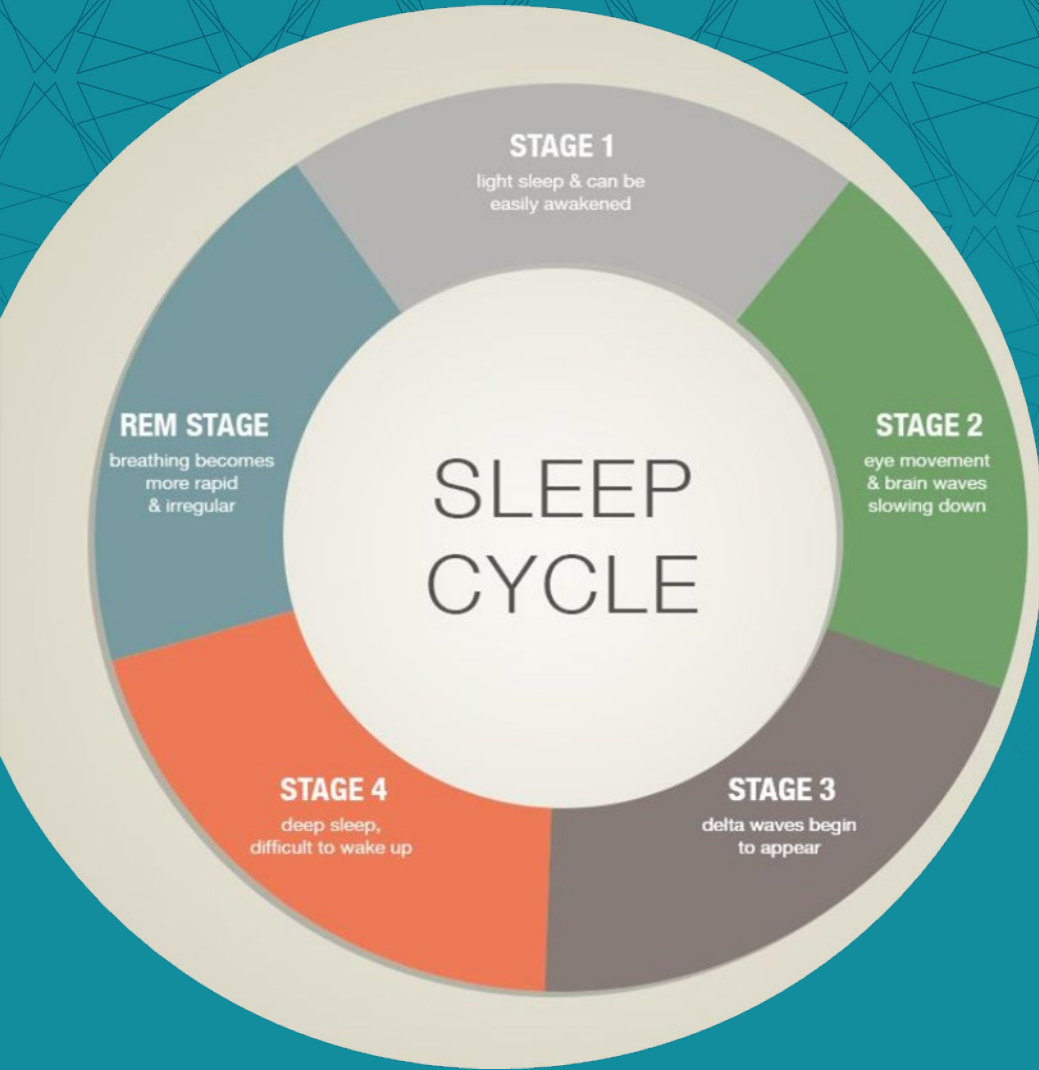
Meet with Production Staff

Check To-Do Lists

Marketing Contact for the Day (Did I Ask for a Referral?)

Check Billing

Clean Desk at Day's End; Print Tomorrow's Focuser; Make Note of Key Follow-ups



## STRATEGY 4 GET ENOUGH SLEEP.

*The amount of sleep required by the average person is five minutes more.*  
– Wilson Mizner

# SLEEP IS NOT A LUXURY

*The bottom line is that sleep loss means mind loss. Sleep loss cripples thinking in just about every way you can measure thinking. Sleep loss hurts attention, executive function, immediate memory, working memory, mood, quantitative skills, logical reasoning ability, general math knowledge.*

*– From *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School**



# CREATE GOOD SLEEP HABITS

- Keep a journal and note how much sleep you've had when you feel your best.
- Turn off electronics—phones, tablets, and computers—at least 30 minutes before sleeping.
- Keep your bedroom dark. Even the light from electronic clocks can disturb your sleep. Turn them over or shield the light.
- Keep your bedroom cool. Sleep research says that we sleep better when we're just slightly cool.



## STRATEGY 5 GET YOUR BUTT UP AND OUT OF THAT CHAIR

*When it comes to health and well-being, regular exercise is about as close to a magic potion as you can get.*

– Thich Nhat Hanh



# WHY EXERCISE?

- Fights depression by increasing serotonin levels in the brain
- Elevates mood
- Helps you respond more effectively to stress
- Helps to reprogram your fight or flight response



# STRATEGY 6

## BUILD RESILIENCE BY MANAGING INTERRUPTIONS



Refocus

Reset

Reframe

Refresh

Renew



## STRATEGY 7 FEED YOUR BRAIN A HEALTHY DIET

*Every day, stand guard at  
the door of your mind.*

– Jim Rohn

Understand Negativity Bias

Turn Off News Notifications

Listen to Audio Books

News Diet 1 Day a Week

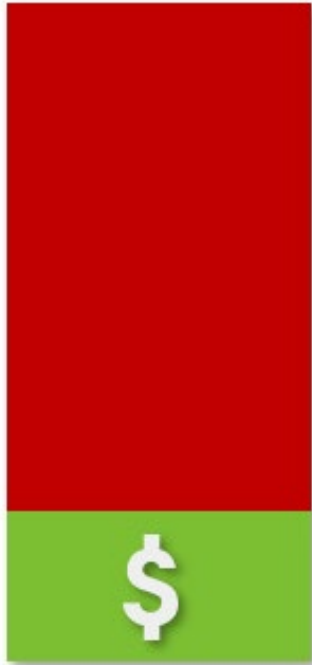
**A & B**

**C & D**



**TIME**

**INCOME**



# STRATEGY 8 CHOOSE CLIENTS WISELY.

*Choice, not chance,  
determines your destiny.*

– Aristotle



# STRATEGY 9 RECOVERY IS ESSENTIAL FOR AN ATHLETE'S PERFORMANCE. YOURS, TOO.

*Remember, often doing less is far more powerful than doing more.*

– Sage Rountree



## STRATEGY 9

### RECOVERY IS ESSENTIAL FOR AN ATHLETE'S PERFORMANCE. YOURS, TOO.

*In order to see gains in fitness, in order for the body to keep doing what you want it to do, you have to give it enough rest to repair itself.*

– Karin VanBaak

Active Recovery During the Workday

Rest Days Each Week: NO WORK.

Long-Term Recovery: VACATIONS!

SLEEP! Your Recovery Super-Power

# STRATEGY 10

## CREATE A MINDSET OF GRATITUDE

*Enjoy the little things, for one day you may look back and realize they were the big things.*  
– Robert Brault

# WHY GRATITUDE MATTERS

- Gratitude can improve your sleep
- Protects you from illness
- Boosts your happiness
- Helps to overcome the negativity bias
- Cultivates positivity in your brain



# STRATEGY 10

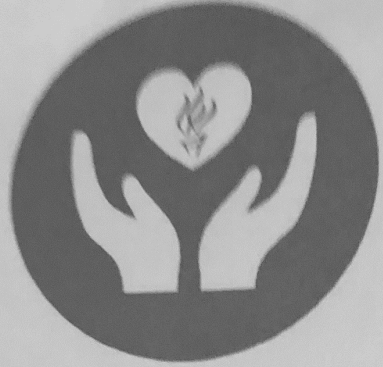
## CREATE A MINDSET OF GRATITUDE

Keep a Gratitude Journal.

Journaling Creates the Habit of Gratitude.

Don't Just Write. FEEL the emotion.

Don't force it.



## THE ATTICUS DAILY GRATITUDE CHALLENGE™

Print out and carry this pocket journal daily. Fill it in with the people, things, and happenings in your life for which you are grateful and why.

Before beginning your day, write down at least one item. Then, add more throughout the day. By bedtime, try to fill out the entire journal.

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# SWIM IN GRATITUDE OR DROWN IN ANXIETY

What will you start doing  
TODAY?



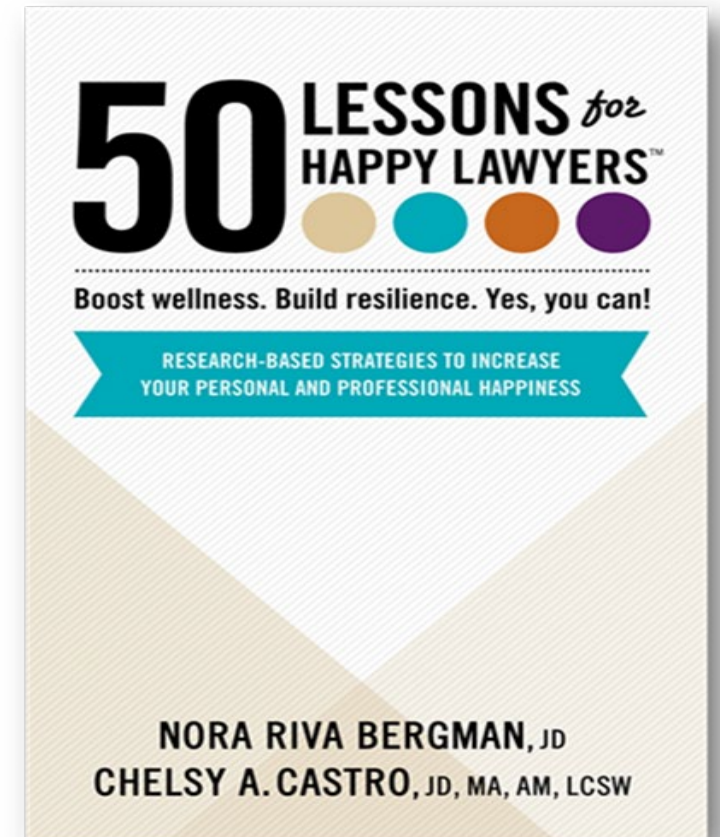
# BUY THE BOOK

“As a lawyer and now as the Executive Director of ADAA, I think about happiness and purpose daily. I found many of the suggestions in *50 Lessons for Happy Lawyers* both insightful and practical. I will be sharing the book with my lawyer friends as well as those who may be considering becoming a lawyer. We lawyers need a book like this. Thank you.”

—Susan K. Gurley

Executive Director, Anxiety and Depression Association of America

Available at Amazon.com <https://amzn.to/3PFgkEr>



# UPCOMING WORKSHOPS AND PROGRAMS



## THE PRACTICE GROWTH PROGRAM™

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San Francisco

Orlando



## DOUBLE YOUR REVENUE™ WORKSHOP

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September 8, 2023



## TIME MANAGEMENT WORKSHOP

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September 12, 2023, 2-3:30 pm ET

# UNDERSTANDING THE VALUE OF YOUR TIME

## PRACTICAL TIME MANAGEMENT STRATEGIES FOR THE BUSY LAWYER

September 12, 2023

2:00 – 3:30 PM ET

- Register today and get ½ off!
- Register today and get access to on demand resources to grow your practice
- Link in the chat box
- Use Promo Code: **TIME2023** at check-out





**NEED HELP NOW?**  
Email: [grow@atticusadvantage.com](mailto:grow@atticusadvantage.com)

Thank You!



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*Great Practice. Great Life.*