



KEEPING [MUCH OF] IT ALL TOGETHER [WITHIN REASON]

Jill C. Engle

Penn State Law in University Park

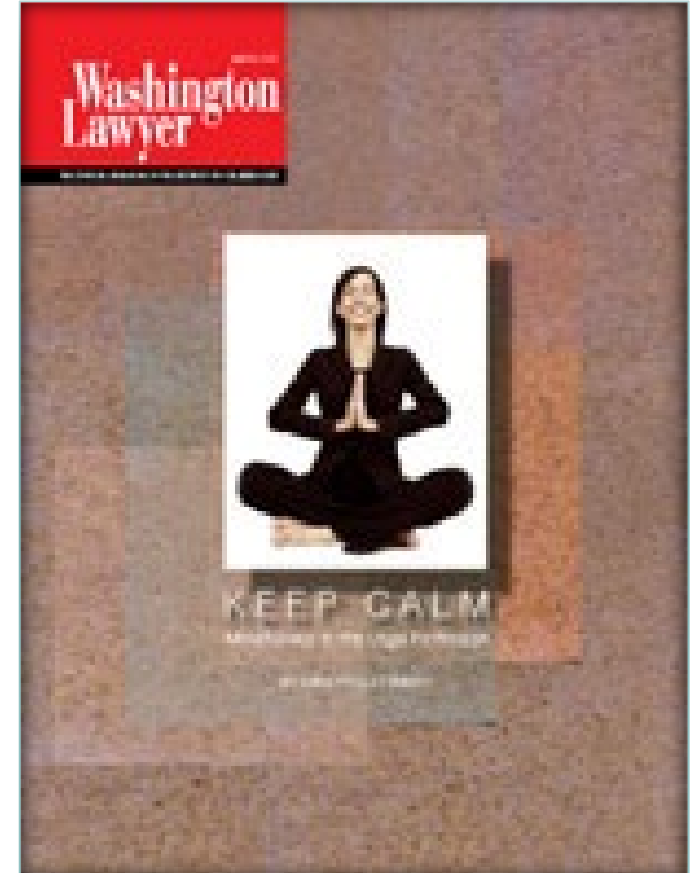
AALS Balance & Well-Being Section Executive Committee

“Well-Being Practices: a Professional Responsibility”

“To flourish in the law, as in life, we lawyers must be attentive to our own physical and mental health, and aim to develop awareness of risk factors that threaten our well-being as well as of solutions and techniques that can help [A]ttorneys’ well-being is an important element of their professional responsibility to their clients and to the broader profession, as well as to themselves.”

--Ted Ruger, former Dean, U. Penn Law

- “A positive stress mindset improves health and work performance” Jennifer Leonard
- Self-aware professionalism takes courage - Engle



DELIGHT builds stamina and prevents burnout

— Prof. Jean Koh Peters, Yale Law School

- Lawyers, Look After Yourself
- Mindfulness in Legal Practice is Going Mainstream
- The Contemplative Lawyer: Potential Contributions of Mindfulness Meditation to Law Students



Take a moment to focus on yourself



Calm

Rhonda
Magee guided

Prof. Rhonda
Magee

Head
space

INVITATION TO PONDER: How is GRATITUDE affecting
your well-being?



My Daily Well-Being Practice '5 Things' Gratitude – mental list

- Often includes this sweetie!
- Positive Reframing
- Takes the brain from anxiety (fixed mindset) to optimism (growth mindset)

Overcoming Bias in our profession is part of our obligation

Rest is resistance

Unequal Profession, Meera Deo

- <https://www.youtube.com/watch?v=YRJX5jvORzC>



What does
“Meaningful Work”
look like for you?

- https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them#t-24861

See also Verna Myers on
making “conscious and
deliberate decisions”

Law Student and Lawyer Well-Being Resources

- <https://nationaltoday.com/lawyer-well-being-week/>
- <https://www.lawschoolplaybook.com/>
- <https://lawyerwellbeing.net/lawyer-well-being-week/>
- <https://www.mindfulnessinlawsociety.org/lsw>





PennState Law

WE ARE . . . LIONS

- “Lion Pose” is a great stress-reliever and muscle relaxer
- It’s also hilarious
- Take a deep inhale. With a vocal “roaring” exhale, open mouth wide, stick out tongue, and cross eyes!

Other well-being practices:

1. “Box” or “Square” breathing – counts of four on all four sides
2. (Mindful) Walking
3. “Meditation” can be just a few moments of soft eyes, anywhere, focusing on breath
4. “Tie your shoes” = forward fold w/slightly bent knees
5. Working out