



The
Legal
Burnout
Solution

legalburnout.com

CLE Course Description

60 minutes

1-hr CLE Ethics or Mental Health credit depending on jurisdiction

The Mindful Approach to Addressing Mental Health in the Legal Field

Join Attorneys Becky Howlett and Cynthia Sharp for this timely webinar as they explore the prevalence of mental health concerns and burnout in the legal profession and strategies to manage and prevent these issues.

The landmark [2016 study on lawyer impairment](#) found that attorneys have disproportionately high rates of mental health concerns compared with the general population. For example, 45.7% of lawyers self-reported experiencing symptoms of depression and 61% for anxiety. *Tragically, 63% of attorneys did not seek help for their mental health concerns as many feared that they would be stigmatized if others discovered their “problem.”*

The objective of this program is to raise awareness about the nature of mental health distress in the legal setting, to challenge the biases and stigma that surround those concerns, and to motivate those who are suffering to take advantage of available resources. Certified Meditation Instructor Becky Howlett will teach and lead mindfulness meditation practices throughout this session designed to help lawyers learn how to cope with stress, depression, and anxiety.

Topics include:

- High prevalence of mental health issues among lawyers
- Barriers to seeking treatment
- Ways to support colleagues who may be in distress
- Ethical implications of poorly managed stress
- Overcoming stigma in the legal community
- Mindfulness practices to help lawyers learn how to cope with stress, depression, and anxiety