



D I S T R I C T O F C O L U M B I A B A R
Lawyer Assistance Program

Running on Empty Resources

BOOK RECOMMENDATIONS:

The Anxious Lawyer by Jeena Cho, Karen Gifford

Created by lawyers for lawyers, Cho and Gifford provide a straightforward 8-week introductory program on meditation and mindfulness that can reduce anxiety, improve focus and clarity, and enrich the quality of life.

From Coping to Thriving: How to Turn Self-Care into a Way of Life by Hannah Braime

A comprehensive guide to making self-care part of your everyday life, with a balance between practical suggestions, coaching-style questions and psychological groundwork.

Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence by Rick Hanson

Hansen offers simple practical steps that use the power of everyday experiences to build new neural structures, rewiring your brain for greater happiness, peace and well-being.

Manage Your Time to Reduce Your Stress: A Handbook for the Overworked, Overscheduled, and Overwhelmed

by Rita Emmett combines quick, easy-to-digest tips and infectious good humor to give readers positive ways to handle stress and their overly busy lives through taking control off the tasks in our lives.

Overcoming Compassion Fatigue by Martha Teater and John Ludgate

Offering guidance on how to deal with compassion fatigue, burnout and stress, providing the tools you need to leave work at work - and let it go.

Stress Management for Lawyers: How to Increase Personal & Professional Satisfaction in the Law

Amirwn Elwork recognizes when you practice law, stress comes with the territory. He explores how you can take effective action to address the stress and create a satisfying career and personal life.

The Age of Overwhelm: Strategies for the Long Haul by Laura van Dernoot Lipsky

Attempts to ease our burden of overwhelm, restore our perspective, and give us strength to navigate what is yet to come.

The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma

by Francoise Mathieu provides concrete strategies to help the reader develop a personalized plan for identifying and transforming compassion fatigue and vicarious traumatization.

The Sweet Spot: How to Accomplish More By Doing Less by Christine Carter, Ph.D.

Drawing on the latest research, Carter shares the combination of practices that transformed her life from overwhelmed and exhausting to joyful, relaxed, and productive.

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Lipsky & Burk

Offers those who care for others and the planet a way to stay engaged, hopeful, balanced, and healthy when dealing with hardship, suffering, and trauma,

Why Zebras Don't Get Ulcers, Third Edition by Robert M. Sapolsky

This book is a primer about stress, stress-related disease, and the mechanisms of coping with stress.



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PODCASTS:

10% Happier With Dan Harris: Dan Harris is a fidgety, skeptical ABC newsman who had a panic attack live on Good Morning America, which led him to something he always thought was ridiculous: meditation. He wrote the bestselling book, "10% Happier," started an app -- "10% Happier: Meditation for Fidgety Skeptics" -- and now, in this podcast, Dan talks with smart people about whether there's anything beyond 10%. Basically, here's what this podcast is obsessed with: Can you be an ambitious person and still strive for enlightenment (whatever that means)?

Happier: Gretchen Rubin, former attorney turned author and happiness researcher, brings her practical, manageable advice about happiness and good habits to this lively, thought-provoking podcast..

Happy Lawyer Happy Life offers insights and resources for legal professionals seeking fulfilling careers and happiness both in law and in their life outside of the law.

The Resilient Lawyer podcast is inspired by those in the legal profession living with authenticity and courage. Each week, we share tools and strategies for finding more balance, joy, and satisfaction in your professional and personal life!
Jeena Cho - Author of The Anxious Lawyer

The Lawyer Stress Solution: How to survive - and thrive! - in your legal career provides lawyers with concrete, practical and specialized tools for dealing with the stress, anxiety, and pressure of a legal career. Harvard Law School graduate and Certified Life Coach Kara Loewentheil combines her legal experience and coaching wisdom to teach lawyers how to deal with the unique challenges of the legal profession. You'll be surprised how much you can enjoy practicing law when you know how to manage your "lawyer brain."

Self-Care Sundays explores how to build inclusive communities of care, while discussing boundaries and self-care, privilege and self-care, as well as self-love. Learn through The people interviewed are activists, journalists, playwrights, digital strategists, entrepreneurs, lawyers, yoga teachers, artists and hair stylists. Through learning about their journeys of self-care, I hoped to help expose listeners to different experiences with self-care.

MINDFULNESS APPS:

Headspace makes it easy for people just learning the art of meditation. Starting on level one, you'll learn meditation basics and techniques through fun, animated videos and a guided 10-minute session each day.

Insight Timer is one of the most popular free apps available, offering a wealth of guided meditations appropriate for all levels and the ability to connect with a community of like-minded individuals.

Stop, Breathe & Think: The app prompts you to take 10 seconds to think about how you feel mentally, physically, and emotionally, and then offers a handful of meditations tailored to your state of mind. You can also track your progress through a chart that shows how you feel before and after meditating.

WEBSITES OF INTEREST:

Insight Meditation Community of Washington D.C. (IMCW), offers a range of meditation classes, workshops and retreats throughout the DC metro area. imcw.org

DC Mindful Lawyers is a group of legal professionals interested in exploring mindfulness and meditation. They come from a variety of backgrounds and levels of experience. dclawyersmeditate.wordpress.com

Want to learn more?

Call the Lawyer Assistance Program for free, confidential assistance at 202.347.3131.