

Stress, Burnout, Anxiety, Depression

What to do about it.

Stress

What is it?

Signs and symptoms

Myths and misconceptions

Burnout

What is it?

Signs and symptoms

Myths and misconceptions

Anxiety

Generalized Anxiety Disorder

Agoraphobia w/wo Panic Attacks

Obsessive Compulsive Disorder

Social Phobia/Anxiety

Specific Phobia

PTSD Post Traumatic Stress Disorder

Depression

Major Depression –mild, moderate, severe. Severe w/psychotic features

Dysthymia

Bipolar Depression

Treatment-non pharmacological/CBT

Handouts (5) and Websites (3) – all included below this page.

Websites (3)

LINK 'I Fought the Law and the Law Won: My Burnout Story'

address: <https://www.forbes.com/sites/pauladavislaack/2018/05/17/i-fought-the-law-the-law-won-my-burnout-story/>

LINK 'This lawyer was so burned out she gave up practice & studied well-being: what's her stress advice?'

address: <http://www.abajournal.com/news/article/this-lawyer-was-so-burned-out-she-gave-up-practice-and-studied-well-being-what-is-her-stress-advice>"

LINK 'The Legal Culture: Chronic Stress, Mental Illness and Addiction – Law Firms, Legal Departments, and Eight Organizational Strategies to reduce Burnout and promote Engagement'

address: <http://www.sigurdsonpost.com/2017/11/19/the-legal-culture-chronic-stress-mental-illness-and-addiction-law-firms-legal-departments-and-eight-organizational-strategies-to-reduce-burnout-and-promote-engagement/>