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LAWYER  
WELL-BEING  
WEEK

MAY 4-8, 2020

MAY 2020

# Newsletter

Volume III | Issue V | New Hampshire Lawyers Assistance Program

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WWW.NHLAP.ORG

## *NHLAP PEER SUPPORT*

We have TWO separate peer support meetings for NH Judges,  
Lawyers and Law Student

**NH LAWYERS CONCERNED FOR LAWYERS**

VIRTUAL: Thursday, May 7, 6:00 p.m.

**NHLAP DEPRESSION & ANXIETY PEER SUPPORT**

Virtual Wednesday, May 13, 6:00 p.m.

**SEE INSIDE FLYERS FOR DETAILS!**

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# Reflections on ABA Lawyer Well-Being Week

By Terri Harrington, Esq.  
Executive Director, NHLAP

The American Bar Association has designated May 4-May 8 as *Lawyer Well-Being Week*. This could not have come at a more appropriate time. We are living through an unprecedented time in modern history. With all the advancements of the modern computer age, there is little to do during a world-wide pandemic but rely on all to primitive measures- quarantine, social distance, disinfect, wash-hands and repeat. In the meantime, we wait for medical researchers to develop both a preventative vaccine and an effective treatment. While we wait, we all sit at home. Working. Businesses and offices closed. Isolated. Waiting. As always, it is in the waiting where the pain lies.

Our current reality of social distancing while working from home has highlighted what Lawyers Assistance Programs have been championing for years; lawyers work long, hard stressful hours at the expense of balance. Often, there is push back from lawyers on the concept of balance. Likely this is because there is no quantitative formula to show effective balance. It is virtually impossible to compartmentalize 50% of your life for work and 50% for everything else. There is no such thing as “having it all.” Lawyering is hard work and it takes a great deal of commitment and grit to do it successfully. Its important to understand that balance is not a measurement on a scale. Balance is what works for you as a person to stay in the present moment, live fully in what endeavor you are working on and live in a way that allows you to be as free from pain as possible. Balance is knowing when work has overtaken your life. Balance is knowing that your body as well as your mind and soul need nourishment. Balance is not living to excess in any one area of your life. Balance is as close to personal peace as you can get. This is what LAPs are talking about when we talk about lawyer well-being.

The statistics are stark. Lawyers are the most unwell licensed professionals in the United States. Most of us live life out of any type of balance that makes sense. Many of us judge our success on the amount of money we earn, the cases we win or

the esteem in which are held. Many of us use drugs and alcohol to relax or signal work time is over. Many of us excessively worry about the next deadline, closing the next client, reaching the next professional milestone. Failure to achieve quickly and often unrealistically, leads to a record rate of depression and even suicide. Lawyer well-being is not about being perfect. It is certainly not about the multi-million-dollar industry that promises a quick cure, a sure-fire recipe or a short cut to well-being. Lawyer well-being is about knowing what you need to be a reasonably happy, healthy professional and making the changes to sustain what works. I know firsthand that this is easier said than done.

I’ve been home and isolated with my family since mid-March, just like everyone else. While at home, it struck me that I’ve had actual conversations with friends and family. These were long, unhurried conversations with pauses to reflect and to laugh. What has often passed for meaningful connection with my friends and family were quick texts, funny memes or “likes” on social media. Running to the next meeting, the next errand, the next commitment has been the focus of my life as a working mother for twenty years. Now, without places to rush off to, I have found time to sit and read a book, play board games with my kids and garden outside. To my astonishment, I find that I am not thinking about what I need to do next while focused on the task at hand, something I was constantly doing. I realize that most of my life, to this point, has been spent in contemplation of what I have to do, what I didn’t do or what I should have done better, rather than focusing on what I am actually doing in the present moment. The irony is that I have spent hundreds of dollars to attend workshops, trainings and retreats to hear this message over and over again. I have learned the ancient wisdom that teaches “Without balance there is suffering.” I have learned the modern wisdom that teaches “Much of anxiety is created by not staying in the present moment.” I’ve heard these words, but I don’t think I’ve ever felt the actual meaning of them until now. Here in the stillness imposed by social distancing during a world-wide pandemic.

Although I’ve been at the helm of the New Hampshire Lawyers Assistance Program for over two years, I have not exactly been practicing what I preach. My life is more in balance than when I was a practicing trial



attorney, but I have continued living out of balance. I often do not pay enough attention to eating right and exercising regularly. I get “too busy.” I worry excessively about just about everything- work, home, family- and many of these things I cannot control. This really hit home when I realized a few weeks into this period of isolation, I was living as if I were experiencing a depressive episode without the actual depression. I was procrastinating, unfocused and unregimented. I did not really want to work to engage socially. I wanted to stay curled up on the couch watching Netflix or in my bed with a book instead of participating in my life. When this realization hit me, I spent a bit of time mulling it over. I now realize that this time of isolation, painful as it can be at times, is actually a gift. I thought that just because there was nowhere to go, I didn’t have anything to do. I now realize that much of what I viewed as primarily important was simply noise. What “fills my cup” is time spent in nature, time spent in my garden, time connecting with friends and family, walking my dogs, connecting with my children and spending time alone resting or reading. It is interesting to me that nothing on this list mentions material gain, taking on pursuits solely for the purpose of proving my worth to others or running around cramming in as much as I am humanly capable of doing in one day. Most of my time has been consumed with the latter at the expense of the former. Because I am taking better care of my real needs, I can schedule myself better, work more productively and connect meaningfully with more people. It has been quite an epiphany.

I hope that in this moment in time, all lawyers can take time to reflect and understand that lawyer well-being is vital to each and every one of us. It is not only vital our individual health, but to our families, our workplaces, our communities and our profession. There must be no shame, stigma or guilt in the pursuit of lawyer well-being. Lawyer well-being should be celebrated and emulated as it makes for happier, more productive and more profitable lawyers. This is the goal of the ABA’s Lawyer Well-Being Week. My sincere hope is that at this moment in time, when the world has slowed and seemingly turned upside down, there will be individual epiphanies that lawyer well-being is essential. Only then can we have open, honest and productive conversations about creating a

professional atmosphere for that sustains the well-being of lawyers and judges and create the framework to make it a real and lasting priority.

## **Learn More About Lawyer Well-Being as a Movement in the Legal Profession**

### **ABA Task Force Report on Lawyer Well-Being**

[Read the Report](#)

### **Well-Being Tool-Kit for Lawyers and Legal Employers**

[Read the Tool-Kit Here](#)

### **Well-Being Pledge for Lawyers and Legal Employers**

[Learn About the Pledge Here](#)

### **Resources for State Action Plans and State Task Force Reports**

[Updated Here](#)

### **Lawyer Well-Being YouTube Channel**

[Check It Out Here](#)







## **COVID-19 RESOURCES:**

***Helping Cut Through the Noise with Resources That Are Worth Your Time and Attention***

[How Not to Get Infected](#) by Dr. David Price, Weill Cornell Medical Center. Dr. Price shares crucial information gleaned from 3 months on battling Covid-19 on the front lines in a NYC hospital.

[Watch More](#)

[Understanding Your Pandemic- Related Emotions:](#) "That Discomfort You are

Feeling is Grief." Scott Berinato, *Harvard Business Review*, 3/23/2020

[Read More](#)

[Having Trouble Sleeping?](#) Why Anxiety Makes Sleep Worse and 3 Things to Do (Corona Virus Update #8) by Dr. Jud Brewer. Understand how anxiety impacts your sleep and how to improve it during this current crisis.

[Watch More](#)

["What's Inside the Senate's \\$2 Trillion Coronavirus Aid Package"](#) by Kelley Snell, National Public Radio (NPR), 3/26/2020.

[Read More](#)

[Eligibility for Economic Injury Disaster](#)

[Loan](#) U.S. Small Business Administration

[Apply Here](#)

[NH Governor Chris Sununu's Emergency Orders Related to Covid-19.](#) All orders to

date, chronological, with links to full written text.

[Read More](#)



**Lawyers Depression Project (LDP)**, a group of attorneys who themselves suffer from depression, have launched a grassroots project aimed at addressing depression and other mental health issues in the legal profession. The group hosts a confidential forum at [www.knowtime.com](http://www.knowtime.com) and weekly online peer-to-peer support group meetings, offering members the option of anonymity. To participate, members need only share emergency contact information with the group's founders (Joseph Milowic III & Aaron Kaufman, both attorneys who suffer from depression) to receive an anonymous knowtime email address for use with group meetings and to participate in the group's web forum. For more information, please contact [Joe@knowtime.com](mailto:Joe@knowtime.com)

**NATIONAL**

# SUICIDE PREVENTION

**LIFELINE™**

**I-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



## QUICK TIP

### KEEP YOUR ROUTINE

While we are working from home, its easy to slip out of the daily routine that has kept you productive. Now is the time to shake off the novelty of working from home and reinstitute your daily work routine. Set an alarm and get up at the same time every week day. Get dressed- no more p.j.s while working at home! Take breaks for meals and getting outside. Stop work at a regular time each day. Reset, Repeat.



And remember, find one reason to laugh out loud every day.

**THERE IS NO PLACE  
FOR SHAME HERE,  
ONLY SUPPORT.**



**Virtual LCL May Meeting  
Thursday  
May 7, 2020  
6:00 PM - 7:30 PM**

Please join my meeting from your computer,  
tablet or smartphone.

<https://global.gotomeeting.com/join/943329509>

**This meeting is locked with a password:**

To assure confidentiality, please  
contact [t.harrington@lapnnh.org](mailto:t.harrington@lapnnh.org) for password

**You can also dial in using your phone.**

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**Access Code:** 943-329-509

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**Virtual NHLAP Depression &  
Anxiety Peer Support  
Wednesday  
May 13, 2020  
6:00 PM - 7:30 PM**

Please join my meeting from your computer,  
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<https://global.gotomeeting.com/join/173897509>

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To assure confidentiality, please contact  
[t.harrington@lapnh.org](mailto:t.harrington@lapnh.org) for password

**You can also dial in using your phone.**

United States: [+1 \(646\) 749-3122](tel:+16467493122)

**Access Code:** 173-897-509

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\*This CLE may be rescheduled pending further order of the Governor after May 9, 2020\*

# RESILIENCE: NAVIGATING LIFE & LEGAL PRACTICE

Presented by NEW HAMPSHIRE LAWYERS ASSISTANCE PROGRAM

WHEN

**TUESDAY, MAY 26**  
**6PM – 8PM**

WHERE

**3S ARTSPACE**

319 VAUGHAN ST, PORTSMOUTH

FEATURING

**JAY SCHADLER**

**"Navigating Life's Transitions:  
A Traveler's Tale"**

**TWO-TIME EMMY AWARD-WINNING JOURNALIST**

**FEATURED ON ABC NEWS, 20/20, GOOD MORNING AMERICA & NIGHTLINE**

*"Jay has the eyes of a journalist and the heart of a storyteller." - Oprah Winfrey*

**FOLLOWED BY PANEL DISCUSSION AND  
LIGHT REFRESHMENTS**



**FREE CLE:  
1 HOUR OF  
ETHICS**

**RSVP REQUIRED  
SPACE IS LIMITED  
T.HARRINGTON@LAPNH.ORG**

**PANELISTS:**

**HON. JAMES LEARY**  
Chair, NHLAP Commission  
Circuit Court Judge

**TERRI HARRINGTON,  
ESQ.**  
Executive Director NHLAP

**SALLY GARHART, M.D.**  
Executive Director  
NH Professionals Health  
Program

**DR. LEONARD KORN**  
NH Psychiatrist with  
Specialties in Neurology and  
Psychiatry