



# Be Well

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## Well-Being

“A continuous process toward thriving in all dimensions of life.”

INTELLECTUAL

OCCUPATIONAL

EMOTIONAL

SPIRITUAL

PHYSICAL

SOCIAL



# “Well-Being is a continuous process toward thriving in all dimensions of our lives.”

- Physical & mental illness
- Impaired executive functioning, concentration, or memory
- Poorer job performance, low job satisfaction & commitment
- Low work motivation
- Burnout
- Ethical lapses & civility concerns
- Difficulty with handling stress
- Poor relationships
- Quick to anger

- Better physical & mental health
- Lower turnover & absenteeism, better memory, improved executive functioning
- Higher job performance, satisfaction and commitment
- Higher work motivation
- Increased perceptions of work/life balance
- Higher resilience & ability to handle stress'
- Better relationships
- **Greater professional identity**

Low Positive Mental Health

High Positive Mental Health

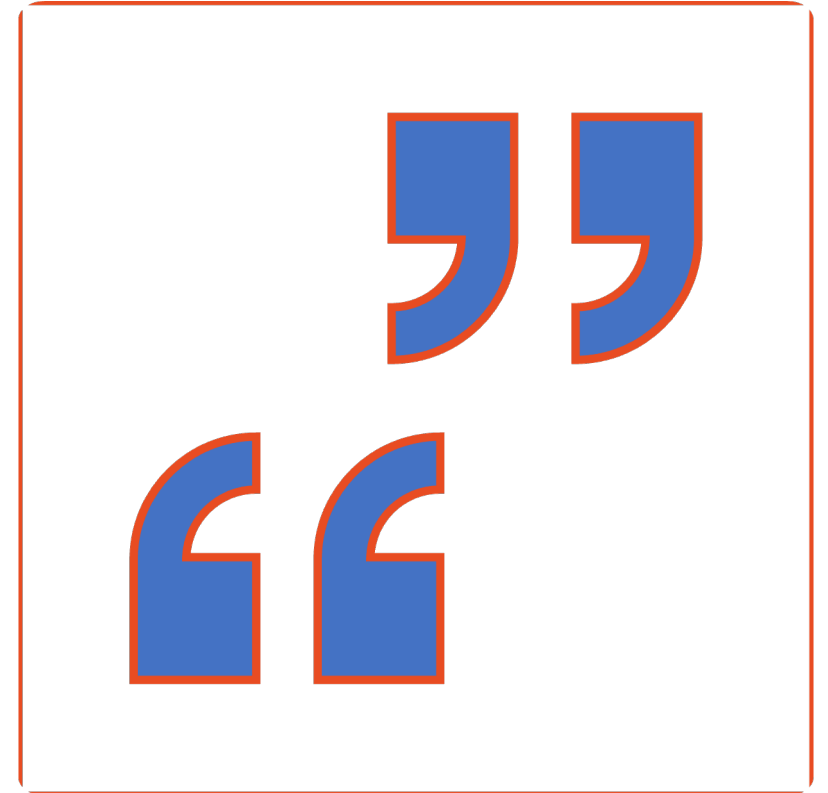
## Rule 1.1. Competence

“A lawyer shall provide competent representation to a client.”

## Rule 14-301. Standards of Professionalism and Civility.

Preamble:

“A lawyer’s conduct should be characterized at all times by personal courtesy and professional integrity in the fullest sense of those terms.”





# Utah Lawyers at Risk



- **48.7%** reporting some level of burnout.
- **44.4%** of responding lawyers reporting symptoms of depression.
- Utah lawyers report higher alcohol use concerns than the general working population. **Criminal litigators report the highest amount.**
- **Utah lawyers are 5 times more likely** to report thoughts of being “better off dead or hurting themselves” as compared to the general working population.



# CHECK ENGINE LIGHTS

Physical	Psychological	Behavioral
Frequent headaches	Panic attacks	Drop in productivity
Getting sick more often than usual	Increasing feelings of anger, frustration and irritability	Increased absenteeism
Prolonged fatigue	Feeling hopeless, helpless, and pessimistic	Isolation – wanting to eat lunch alone or just be alone
Stomach and digestive issues	Loss of enjoyment for activities you once loved	Coming into work later than usual on a more consistent basis
Restlessness	Depression	Becoming a poor team player
Insomnia	Anxiety	Mood changes, irritability
Heart palpitations		Job dissatisfaction
Chest pains		Increased alcohol / drug use
Cardiovascular disease		

# Lawyers Helping Lawyers is Confidential for Lawyers

Lawyers Helping Lawyers falls under the protection of Rule 8.3 of the Utah Rules of Professional Conduct. What does that mean for you? Whether you are calling for yourself or asking for help for a colleague, we are bound and protected by Rule 8.3. That means what you say to LHL stays with LHL. Calling on behalf of a colleague who is in trouble also satisfies your requirement to report under the Rules of Professional Conduct.





# Utah Lawyers Helping Lawyers

- (801) 900-3834
- [contact@lawyershelpinglawyers.org](mailto:contact@lawyershelpinglawyers.org)
- <http://www.lawyershelpinglawyers.org/>
- Available for lawyers, paralegals, staff, and family members





# Resources for Confidential Help

- **Blomquist Hale Counseling:** help with stress, anxiety, personal and emotional challenges, grief or loss, financial problems, and substance abuse or addictions. Services are included with annual bar dues. 1-800-926-9619 | Blomquisthale.com | [info@blomquisthale.com](mailto:info@blomquisthale.com)
- Find a verified Utah therapist on [www.Psychologytoday.com](http://www.Psychologytoday.com)
- For recovery meetings online, visit [www.intherooms.com](http://www.intherooms.com) or [www.saltlakeaa.org/meetings/](http://www.saltlakeaa.org/meetings/)
- STAY TUNED FOR NEW RESOURCES FROM THE BAR!