



Stress Management
for
Nonlawyers[®]

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Practical Ways to Deal
with
Law Firm Stress

Simplify

Sort and set priorities.
Get organized.

Relaxation Techniques

Breathe.
Clear your mind.
Relax your muscles.

Focus

On one thing at a time.

Keep a Journal

- Write about any and everything.
- Track what bothers you.

Look for Positives

In the situation.

Drop perfectionism

Ditch the Superwoman complex.



Use humor.

- Strengthens immune system
- Facilitates breathing.
- Exercises the heart.
- Increases pulse rate.
- Speeds blood flow.
- Promotes healing.

Exercise

Go to bed earlier.

(At least 30 minutes earlier!)

**Eat breakfast
and lunch.**

**Reduce/Eliminate
Caffeine.**

Take vacations.

**Schedule
personal time
for yourself.**

Hobby
A mental/physical activity
you enjoy.

Breathe.
Just breathe.
