SUFFOLK ACADEMY OF LAW
The Educational Arm of the Suffolk County Bar Association
560 Wheeler Road, Hauppauge, NY 11788
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A MID-PANDEMIC WELLNESS MINI-SERIES
Practical Approaches to Improving Your Practice and Life

Healthy Being

DISCUSSION LEADER

Elizabeth Eckhardt, PhD, LCSW, NCBA LAP Director
Heather Casale, Esq., ERYT

May 18, 2022
Suffolk County Bar Association, New York

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There's a whole new way to obtain your CLE certificate! It's fast, easy and best of all you can see the history of courses that you've attended!

Within 10 days of the course you attended, your CLE Certificate will be ready to view or print. Follow the instructions below:

1. Go to SCBA.org
2. Member Log In (upper right corner)
3. If you **do not** know your username or password, click the area below and enter your email that is on file with SCBA. Follow the prompts to reset your username and password.
4. After you log in, hover over your name and you will see "Quick Links". Below that you will see:
   a. My SCBA
   b. My CLE History
   c. Update My Information
   d. Update My Committees
5. Click on **My CLE History**, you will see the courses you have attended. Off to the right side you will see the Icon for certificates. You are now able to download the certificate, print it or save it. You may go to your history and review the courses you have taken in any given year!
6. **CLE certificates will no longer be mailed or emailed**. Certificates will be available within 10 days after the course.

SUFFOLK COUNTY ACADEMY OF LAW's MID-PANDEMIC WELLNESS MINI-SERIES

Part III: HEALTHY BEING

Program Materials

1. **Program Outline**
2. **Presenter Biographies**
3. **Healthy Being Materials – Powerpoint Slides**
4. **Some Shared Thoughts on How to Be Healthy**
5. **Available Resources**

Program Outline

I. Introduction by Sheryl L. Randazzo, Series Coordinator and Program Moderator

II. Presentation by Dr. Elizabeth Eckhardt, Director of Nassau County Bar Association Lawyer's Assistance Program

- **A. What is LAP?**
- **B. The Mind/Body Connection Explained**
- **C. The Science of Sleep**

III. Presentation by Jackie Cara, Esq., Co-Chair of Nassau County Bar Association Lawyer's Assistance Program and NYSBA's Lawyer's Assistance Committee member

- **A. Protecting Your Health During Stressful Times**
- **B. Five-Minute Guided Meditation**
- **C. Making Mindfulness and Exercise Work**

IV. Open Discussion on Healthy Being, including opportunity for questions and answers

V. Conclusion by Sheryl L. Randazzo

BIOGRAPHIES OF PRESENTERS

ELIZABETH ECKHARDT, LCSW, PhD

Dr. Elizabeth Eckhardt graduated with her MSW from Adelphi University and with her Ph.D. from NYU. She is currently the Director of the Nassau County Bar Association's Lawyer Assistance Program. The Lawyer Assistance Program provides confidential services to lawyers, judges, law students, and their families struggling with mental health and substance use issues. Dr. Eckhardt also provides outreach and education to the Legal Community on topics such as resiliency, wellness, mindfulness, stress management, suicide prevention, mental health, and substance use.

As Director of the Nassau County Bar Association Lawyer Assistance Program (LAP), Dr. Beth Eckhardt provides professional, confidential counseling services to lawyers, judges, law students and their families struggling with mental health and substance use issues. In addition, Dr. Eckhardt conducts evaluations and makes treatment referrals. The Lawyer Assistance Program provides early identification, peer support, stress management, motivation, treatment referrals and monitoring services. LAP also conducts presentations and workshops at law firms and law schools regarding substance use and mental health issues among attorneys, suicide prevention, time management, stress management and mindfulness. Dr. Eckhardt is a New York State Licensed Clinical Social Worker. She received her Master's Degree in Social Work from Adelphi University and her Doctorate in Clinical Social Work and Social Policy at New York University. Dr. Eckhardt also served as Principal Investigator of National Institutes of Health Research at National Development and Research Institutes from 1996-2018. Dr. Eckhardt has a private psychotherapy practice where she has been providing individual, couple and family therapy for more than 25 years.

In addition, Dr. Eckhardt has a private psychotherapy practice where she has been providing individual, couple, and family therapy for more than 25 years. Before her work with the Lawyer Assistance Program, Dr. Eckhardt spent 22 years as Principal investigator of Research at National Development and Research Institutes, Inc. where she conducted social and behavioral health research funded by the National Institutes of Health.

JACQUELINE A CARA, ESQ.

Jacqueline A. Cara is a St. John's Graduate of both Undergraduate and Law School. Jackie spent the early years of her career as a trial attorney and in-house counsel, later founding Cara Law, trusts, estates, and guardianship practice.

From 2016 to 2021, Jackie held the position of General Counsel and Communications Director for ZR Per Diem Services, Inc.

Jackie founded Elevated Strategies NY, a marketing and growth strategy service focusing on the legal sector, and continues to operate Jackie Cara Law, a comprehensive estate planning and elder law firm in Garden City.

Jackie became a member of the Lawyer's Assistance Committee for the Nassau County Bar Association in 2015 and is now the Co-Chair of that Committee. Jackie is also a member of the New York State Bar Association Lawyers Assistance Committee. She is a frequent speaker at LAP-related presentations.

Jackie can be reached through the NCBA and at jc32412@gmail.com or 646-549-2850.

For more information about expanding your practice and making it more productive visit www.elevatedstrategiesny.com.

The Mind-Body Connection



Nassau County Bar Association
Lawyer Assistance Program

Elizabeth Eckhardt, Director, NCBA Lawyer Assistance Program

Jackie Cara, Co-Chair, NCBA Lawyer Assistance Committee; Member, NYSBA Lawyer Assistance Committee

What is the Lawyer Assistance Program

Accessing the Lawyer Assistance Program

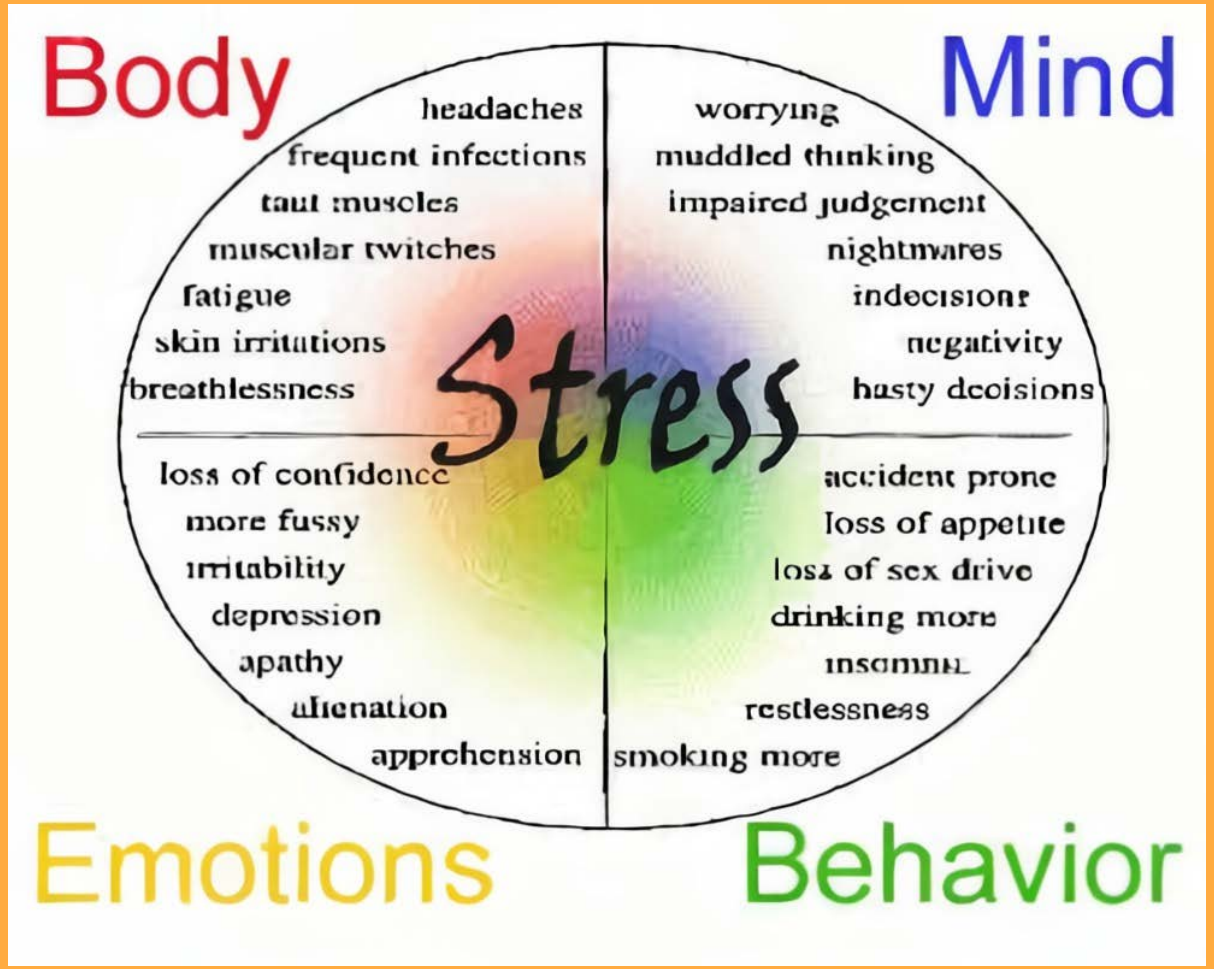
A Word About Confidentiality

What is the Mind-Body Connection and Why Should we Care?

The mind-body connection is the link between a person's thoughts, attitudes, and behaviors and their physical health.



What you think and feel effects what happens in your body and what happens in your body affects your thoughts and feelings.


Body
Mind
headaches
frequent infections
taut muscles
muscular twitches
fatigue
skin irritations
breathlessness
worrying
muddled thinking
impaired judgement
nightmares
indecision
negativity
hasty decisions
Stress
loss of confidence
more fussy
irritability
depression
apathy
alienation
apprehension
accident prone
loss of appetite
loss of sex drive
drinking more
insomnia
restlessness
smoking more
Emotions
Behavior

Examples of the Mind Body Connection



Have you ever:

Felt so nervous, your hands started to shake or sweat?

Been so anxious, you forget what you want to say?

Been so worried about messing up that you mess up? or

Been so afraid, you become nauseous?

Negative Thoughts Impact the Body Negatively and Positive Thoughts Impact the Body Positively.

Negative thinking patterns—assuming the worst, jumping to conclusions, and self-criticism—can make it more difficult to deal with health problems. For example, a patient diagnosed with prediabetes may think "Everyone in my family has diabetes, so there's nothing I can do to prevent it", even after being told by their doctor that prediabetes is reversible with diet and exercise.

Negative attitudes and feelings of helplessness and hopelessness can create chronic stress, which upsets the body's hormone balance, depletes the brain chemicals required for happiness, and damages the immune system.

Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.

Individuals who are able to savor positive emotions have lasting activation in the ventral striatum of the brain.The longer this activation lasts, the greater his or her feelings of well-being." Continued activation of this part of the brain has been linked to healthful changes in the body, including lower levels of a stress hormone.

People who are emotionally well have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience.

Ways that Negative Thoughts and Emotions Impact the Body

- **Digestive problems.**
- **Weakened immune response resulting in lowered resistance to disease.**
- **Healing more slowly. Slower response to medications and treatments.**
- **Cardiovascular Disease**
- **Sleep Disturbance**
- **Weight Gain**
- **Cognitive Impairment**
- **Gastrointestinal Problems**
- **Fertility Issues**
- **Addiction**
- **Colds, flus and other infections**

The Role of the Mind in Disease Prevention

Now more than ever, doctors understand the importance of a comprehensive approach to care that includes mind, body, and spirit.

Scientific studies reveal that the hormones and neurotransmitters (chemical messengers) associated with emotion have physical effects on our body causing impacting blood pressure, heart rate, sleep patterns, and even our appetite.

Preventing chronic disease requires lifestyle changes:

Eating Healthier —-- Exercising Regularly —- Adopting Better Sleeping Habits.

However, our ability to implement these changes is driven by our attitudes, actions, and behaviors, which in turn are controlled by our mind.

The mind influences our desire to do the right thing for our bodies. Our thought patterns, fears, worries, and anxieties can take us away from the path of wellness.

Each individual approach to wellness is different, but it starts with an acceptance that our thoughts and emotions impact our health and our health influences our thoughts and emotions.

Mind-Body Therapies

Mind -body therapies are healing techniques that promote relaxation and encourage mindfulness. These therapies use the body to affect the mind, and vice versa. Some common mind-body therapies include:

- Acupuncture
- Art Therapy
- Cognitive Behavioral Therapy (CBT)
- Group Therapy
- Guided Imagery
- Meditation
- Music Therapy
- Qigong
- Tai Chi
- Yoga

Seven Amazing Things Sleep Does for Us!

Helps us feel alert. Part of why you feel groggy when you're tired is this waste building up in your brain. Your brain's sanitation department goes to work when you sleep helping you stay alert and attentive during the day.

Helps us learn new information. Sleep helps your brain store memories and information, making them easier to retrieve later.

Helps us control our impulses and remain calm. When you're sleep deprived, you don't have enough mental energy to regulate your emotions and you can become overly reactive, getting angry, irritable, sad.

Boosts our immune system. Your immune system relies on getting enough sleep to be able to function. When you're sleep deprived, you are more likely that you'll get the common cold or another nasty bugs

Manage your metabolism. Not getting enough sleep messes with our metabolism, changing how our bodies process energy. Lack of sleep can make us crave sugars and fats which can lead to weight gain, and metabolic illnesses like type 2 diabetes.

Improves our mental health. Getting enough sleep is an important part of self-care. Without sleep, symptoms of stress, anxiety and mental illness increase.

Manage ADHD symptoms. The symptoms of sleep deprivation can mimic symptoms of ADHD because they both affect the same areas of the brain.

Strategies to Help us Sleep

Follow a consistent sleep routine. Go to bed earlier and shoot for 8 hours of sleep.

Listen to relaxing music, keep clean sheets, and keep room dark, cool.

Avoid vigorous activity for at least one hour before bed. BUT, exercising earlier in the day helps sleep.

Small dietary changes can help. Eat dinner earlier, no caffeine or alcohol near bedtime (or after a certain time in the afternoon).

Deep Breathing. Practice breathing slowly, deeply, and rhythmically while consciously relaxing the muscles of your chest and belly. Establish a rhythm that works for you.

Weighted Blankets can help you calm down and stay relaxed during the night. The feeling is akin to getting an extended hug, or like being tucked in when you were a kid.

If it takes you more than 20 minutes to fall asleep, get up and make yourself a cup of herbal tea or read a book—the old-fashioned kind.

Avoid screen time up to an hour before bed. The light is stimulating and will keep you awake.



How to Protect Your Health During Stressful Times

Physical Activity helps the body retain internal balance by using up extra adrenaline and sugar released during stressful times.

When you are physically fit, the stress response is not as great, you regain balance more quickly and you have improved resistance to disease.

Keep a Journal. This can help to organize your thoughts and feelings and provides an opportunity to understand patterns and thoughts that impact your body and feelings.

Breathing Techniques. When you experience a stressor your body goes into an “alarm stage”. Deep breathing: inhaling deeply through your nose and exhaling through your mouth can calm you down and stop or slow down the alarm stage, possibly preventing worse outcomes.

Eat a Healthy Diet. Stress uses up extra supplies of vitamin C and D. Choose foods high in these vitamins and reduce caffeine and sugar intake.

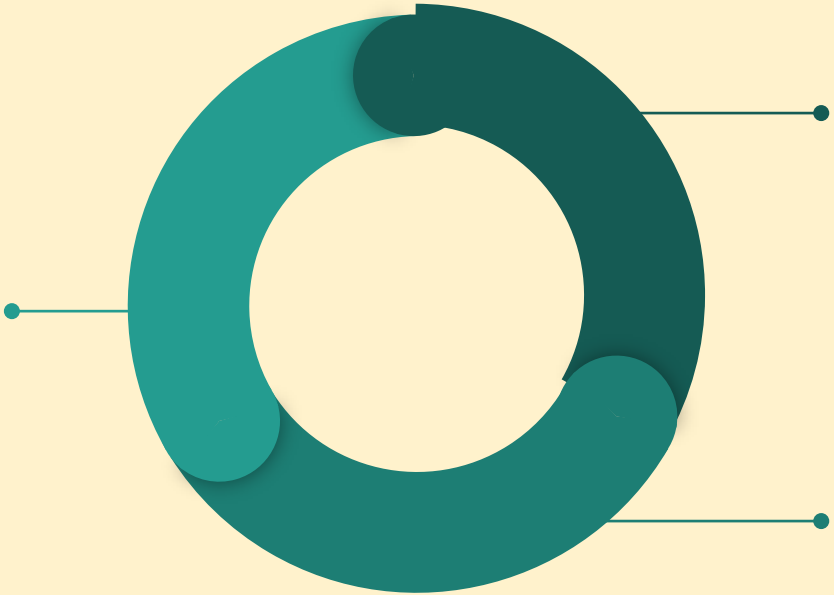
Get Enough Sleep. Stress makes it difficult to fall asleep and stay asleep. Sleep deprivation decreases your immune system and fatigue makes it difficult to concentrate and make decisions which leads to more stress creating in some cases a chronic cycle.

Why bother? - Everyone knows lawyers are stressed - that is why we get the big bucks

Attorneys disproportionately suffer from substance abuse disorders and mental health problems:

21 % Suffer from Substance Use Disorder

Between 281,122.38 and 401,603 working lawyers are considered problem drinkers.



19 % of Attorneys Suffer from Anxiety

856,753.92 identify themselves as struggling

with anxiety.

28% Suffer from Depression

Around 425,000 suffer from mental disorders, such as depression and

The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys, Krill, Patrick R. JD, LLM; Johnson, Ryan MA; Albert, Linda MSSW.

Why Are Lawyers More Susceptible to Unhealthy Behaviors and less likely to experience "wellness"?

Attributes of Our Profession

- Vicarious Trauma
- Long Hours
- Large Caseloads
- Stressful Workplace
- Unreasonable Expectations

Attributes of Practicing Lawyers

- Maladaptive Perfectionism
- Solvers of Other People's Problems
- Ability to hide/mask emotions
- Resistance to seeking help
- Competitiveness

Consequences of Ignoring Wellness and Well Being

Misconduct/Complaints/Suspension/Disbarment

Neglect

Financial Misconduct

Criminal/ Sexual Misconduct

Bar Violations

Including Healthy Mind Body Strategies Into Your Life

Planning to Prioritize You (and your wellbeing)



Has Everyone heard about putting rocks, stones and sand into a jar?



Identify Your Big Rocks - What are some Big Rocks for each of you?

What are your next rocks? Midsized and small

Now what is your sand?



Examples of Big Rocks

If you are in recovery it might be sobriety

Family/Children/Aging Parents

Personal Relationships

Work Obligations

Church/volunteering



Midsized Rocks

Hobbies

Social Activities

Entertaining

School Events

Reading/CLE



Pebbles

Cleaning the house

Shopping

Home repairs

Start Your Day - Before it Starts You?

“There is no such thing as work/life balance. It is all life. The balance has to be within you.” Sadhguru

“The bad news is time flies. The good news is you’re the pilot.” Michael Altshuler

“Don’t get so busy making a living that you forget to make a life.”

“What gets scheduled gets done.” Michael Hyatt

Making Your Big Rocks the First Thing You Do

Plan your month, week and days to include your big rocks first.

What is Your Morning Routines?

Get Up
Shower? Pray? Meditate? Journal? Read?

Walk the dog, feed the kids, make lunch?

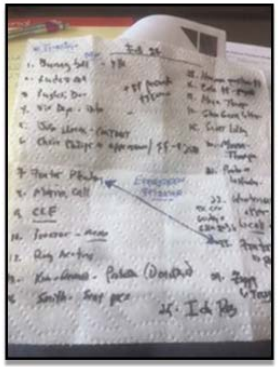
Take a run, shower, look over your day

Tips for Productivity at the Office

James' Daily Planner - Friday, April 17, 2015

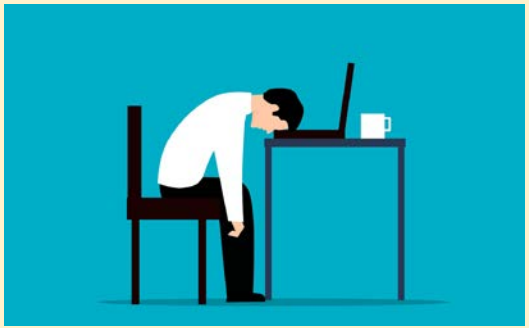
Time	T	File	Project
8:30		Office Admin	Usual: deal with emails
9:00		Jones	S/N - conference
9:30			
10:00			
10:30			
11:00			
11:30			
Noon		Smith	call adversary
12:30		Lunch	
1:00			
1:30			
2:00			
2:30		Office Admin	Darla - 2:00 Catherine - 2:15
3:00		Wilson	call client
3:30		Brown	call accountant
4:00		Miller	Begin draft settlement agreement
4:30			
5:00			
5:30		Office Admin	deal with emails
6:00		Office Admin	Usual: organize desk, update to do list, Prepare daily planner

Does Planning Your Day Look Like This



Dealing with the Unacceptable - Serenity at Work
(Or something like it)

Taking Small Breaks, Deep Breaths and Pauses









I'm about to meditate.

#MeditateWithMe

Please share.

FINDING TIME TO EXERCISE



Exercise - Ugh!

Changing How We Define Exercise

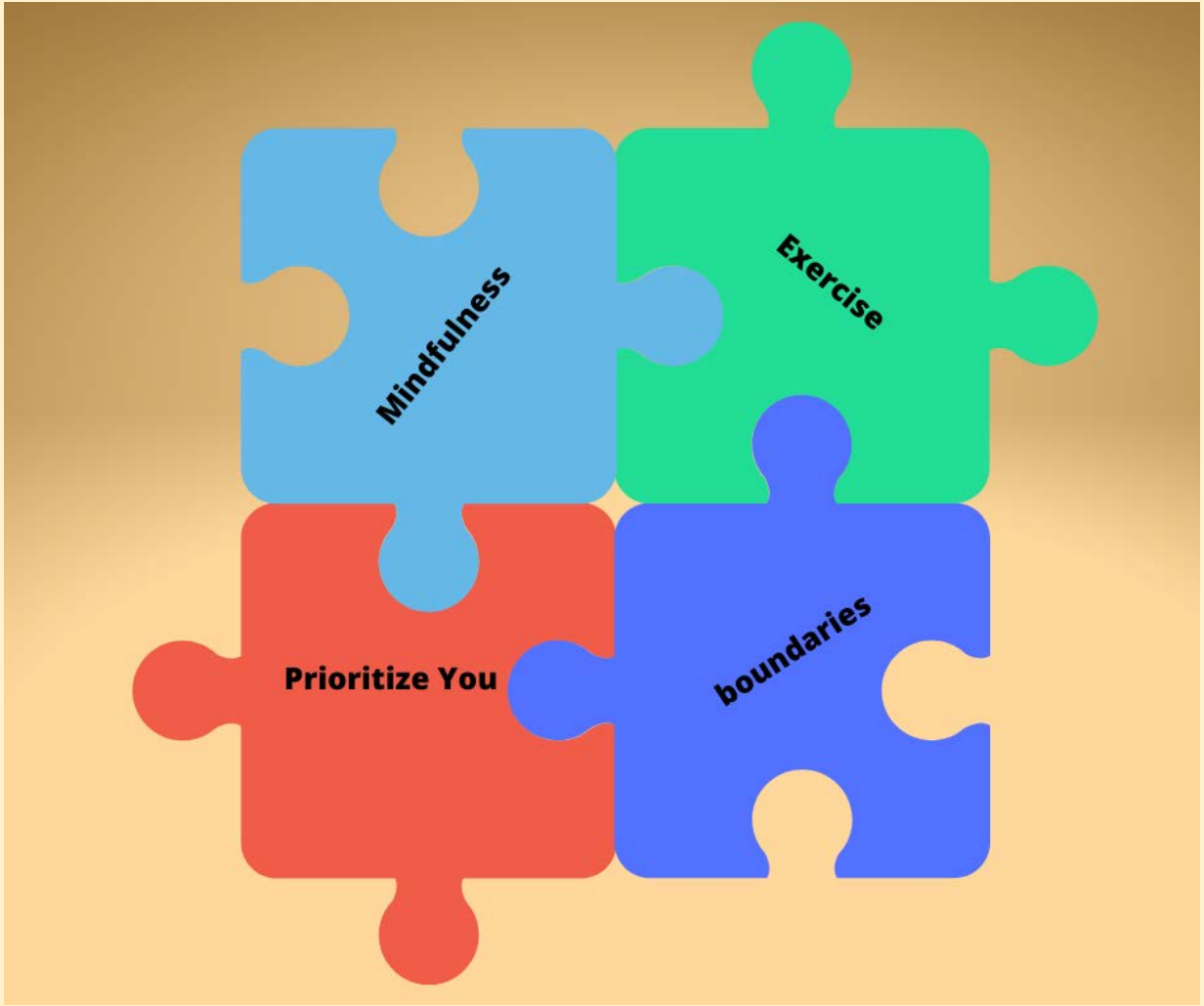




Take Care of Your Body. It’s the Only Place You Have to Live In.

Exercise Makes Us Happy

Make Exercise, Mindfulness and Work A Puzzle that Fits




Q&A
Q&A
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Q&A

RESOURCES

The Reflective Counselor

Michael Hyatt - books, planners

The 5 am Club

Apps
Calm (Sleep stories, relaxing music, meditation, LeBron James Series)
The Tapping Solution
Yoga International (Desk Jockeys Series)

Support, Study, Friend Groups
Accountability Partners

Some Shared Thoughts on How to Be Healthy

Always be mindful of the kindness and not the faults of others.
~ Buddha

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. It involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them; without believing, for instance, that there's a 'right' or 'wrong' way to think or feel in a given moment. When we practice mindfulness, our thoughts tune in to what we're sensing in the present moment rather than rehashing the past or imagining the future.
~ From the Greater Good Science Center at the University of California, Berkley

Kindness is not what you do, but who you are.
~ Raktivist

Just because life is full of craziness doesn't mean you must go crazy. You can experience outer chaos and still find inner peace. Nothing even needs to change outside of you for you to find calm inside of you. This inner calm is available at all times. Just breathe.
~ Karen Salmansohn

Your anger? It's telling you where you feel powerless. Your anxiety? It's telling you that something in your life is off balance. Your fear? It's telling you what you care about. Your apathy? It's telling you where you're overextended and burnt out. Your feelings aren't random, they are messengers. And if you want to get anywhere, you need to be able to let them speak to you and tell you what you really need.
~ Brianna Wiest

I spend an insane amount of time wondering if I'm doing it right. At some point I just remind myself that I'm doing my best. That is enough.
~ Myleik Teele

Happiness is like being cool, the harder you try, the less it is going to happen. So stop trying. Start living.
~ Mark Manson

It takes huge effort to free yourself from memory.
~ Paulo Coello

Be there. Be open. Be honest. Be kind. Be willing to listen, understand, accept, support and forgive. This is what it means to love.
~ Lori Deschene

Absorb what is useful, discard what is useless and add what is specifically your own.
~ Bruce Lee

With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment.

~ Thich Nhat Hanh

When you are a young person, you are like a young creek, and you meet many rocks, many obstacles and difficulties on your way. You hurry to get past these obstacles and get to the ocean. But as the creek moves down through the fields, it becomes larges and calmer and it can enjoy the reflection of the sky. It's wonderful. You will arrive at the sea anyway so enjoy the journey. Enjoy the sunshine, the sunset, the moon, the birds, the trees, and the many beauties along the way. Taste every moment of your daily life.

~ Thich Nhat Hanh

The more you are focused on time – past and future – the more you miss the Now, the most precious thing there is.

~ Eckhart Tolle

Your entire life happens inside your body. It's the one home you will always occupy and can never sell. But you can renovate it.

~ James Clear

Just because life can get crazy doesn't mean you must go crazy. You can experience outer chaos and still experience inner peace. Nothing even needs to change outside you. This calm is available at all times. Just breathe.

~ Karen Salmansohn

I always forget how important the empty days are, how important it may be sometimes not to expect to produce anything, even a few lines in a journal. A day when one has not pushed oneself to the limit seems a damaged, damaging day - a sinful day. Not so! The most valuable thing one can do for the psyche, occasionally, is to let it rest, wander, live in the changing light of a room.

~ May Sarton

Just keep moving. Someone said this to me a long time ago. It's a Buddhist saying, I think: "There is no wasted effort."

~ Lauren Graham

People do not become lawyers for their health. They do it to become part of a learned profession that enables them to effect social change, protect people's rights, and provide representation to ensure an ordered world. Lawyers can provide the best representation if they are fit and they are entitled to enjoy good health themselves. It is the least they deserve for maintaining the rule of law.

~ Robert Herbst

HELP IS AVAILABLE

US Suicide Hotline: 1-800-784-2433

National Suicide Prevention Lifeline: 1-800-273-8255

David Nee Foundation: www.daveneefoundation.org

Depression and Bipolar Support Alliance: www.dbsalliance.org

Substance Abuse and Mental Health Services Administration: www.samhsa.gov

Alcoholics Anonymous (AA): www.aa-intergroup.org

National Eating Disorders Association: www.nationaleatingdisorders.org

National Center for Problem Gambling: www.ncpgambling.org

International Lawyers in A.A.: www.ilaa.org

Substance Abuse and Mental Health Services Administration: www.samhsa.gov

Lawyer assistance programs (LAPs) are here to support lawyers, judges, students, and other legal professionals who suffer from alcohol dependence and abuse. They are in every state.

The ABA Commission on Lawyer Assistance Programs ("CoLAP") has the mandate to educate the legal profession concerning alcoholism, chemical dependencies, stress, depression, and other emotional health issues, and to assist and support all bar associations and lawyer assistance programs in developing and maintaining methods of providing effective solutions for recovery.

CoLAP: http://www.americanbar.org/groups/lawyer_assistance.html

List of LAPs by State:
http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html

SCBA Lawyers Helping Lawyers Committee

The SCBA Lawyers Helping Lawyers Committee provides free and confidential assistance to those in the legal community who are concerned about their alcohol or drug use and/or mental health or wellbeing or that of a colleague or family member.

Assistance is available to the legal community including attorneys, members of the judiciary, law students, and family members dealing with alcohol or substance abuse disorder, other addictive disorders, anxiety, depression, vicarious trauma, age related cognitive decline and other mental health concerns that affect one's well-being and professional conduct.

Please call the
Lawyers Helping Lawyers Helpline at (631) 697-2499
to speak with an attorney who will provide support and recommend resources. All calls are private and confidentiality is protected under Judiciary Law Section 499. (Lawyer Assistance Committee)