



# **Getting Past Overwhelmed**

**A Toolkit for Navigating Stress,  
Unpredictability, and Transitions  
in the Legal Profession**

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**4 Keys to Sustain  
Resilience**

with Sheila Robinson-Kiss, Msw, Lcsw

**GIVE IT EVERYTHING YOU'VE GOT !  
YOU'RE WORTH IT!**

**ALM.**



# Getting in Front of Chronic Stress in the Legal Profession

Anything you can **count  
on happening**, you can  
begin to **control for**.



70% of lawyers  
say they feel  
stressed  
consistently.

(National Science Foundation)

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**Strategic  
Planning  
WORKS!**

## What is a resilience plan?

*A plan that ensures you:*

- ✓ *Live elevated.*
- ✓ *Stay safe.*
- ✓ *Avoid lengthy derailments .*

Over 90% of  
people have  
yet to create a  
resilience plan  
to support  
their mental  
health.

-Psychology Today

Do you have a *(resilience)* plan?

# Four Keys to Safeguard Your Mental Health and Claim a Second Paycheck

*The Wisdom of Grandpa Hood, Combined with the Best Science on Well-being and Resilience.*

- 1. Decide**
- 2. Connect**
- 3. Prioritize**
- 4. Implement**



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# The Benefits of Your Second Paycheck

Pay to the  
Order of

What is it **worth** to you?

- ✓ Live Longer.
- ✓ 30% reduction in depression and anxiety. **(THE ANXIOUS MIND IS ANYWHERE BUT HERE AND NOW).**
- ✓ Greater overall life satisfaction.
- ✓ Increased productivity, sharper thinking, and connected relationships.

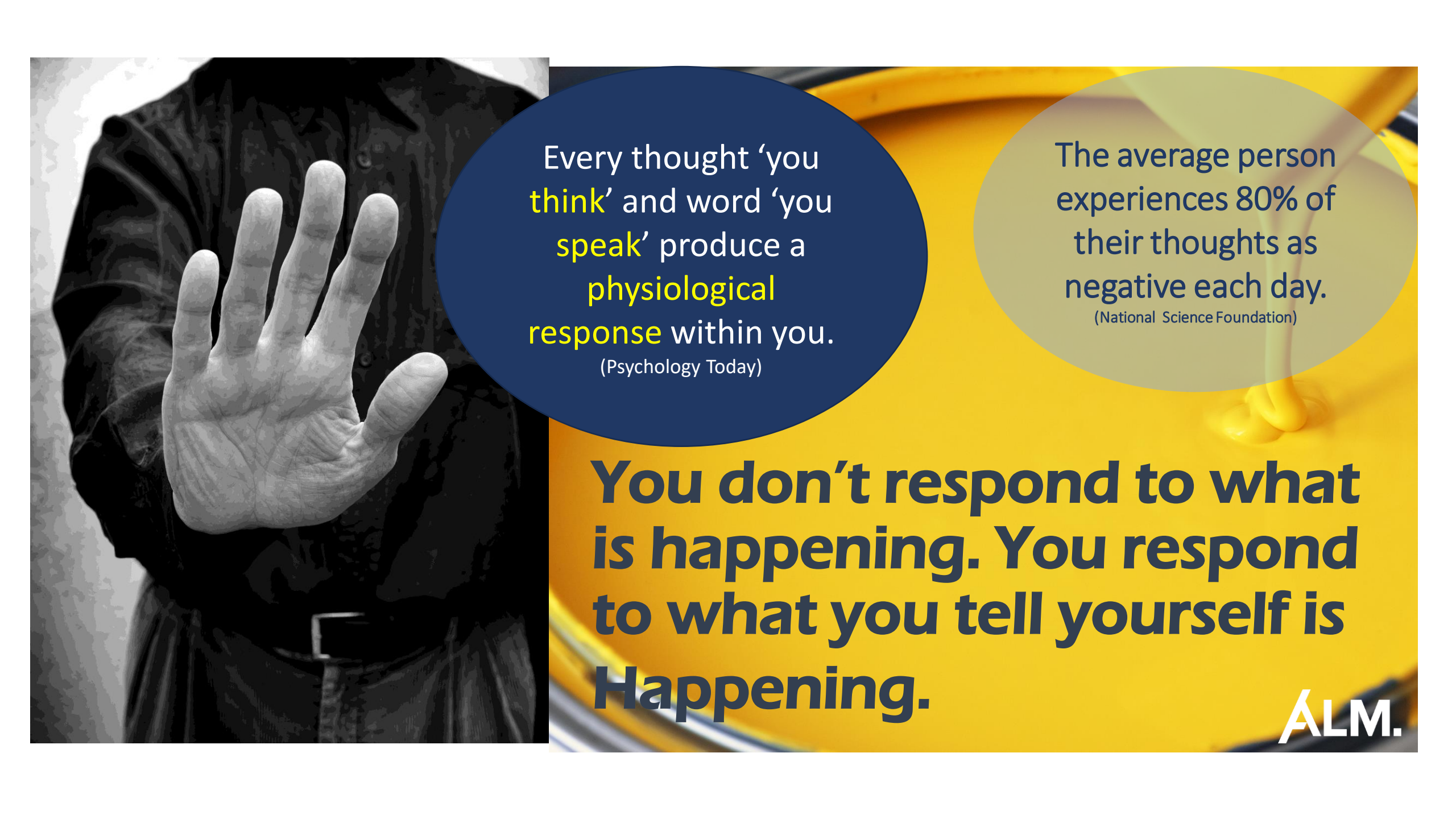
# #1 Decide

## DECISIONS DETERMINE YOUR DESTINY

- ✓ **Maintaining your mental health** is no longer optional. It is a personal and **professional obligation**.
- ✓ Ask yourself each morning ,  
'Where will I **direct my mind, energy, and impact** today?'

**61%** of people say grounding exercises, asking themselves empowering questions, and meditation has improved their work and personal lives.

Psychology Today



Every thought 'you **think**' and word 'you **speak**' produce a **physiological response** within you.  
(Psychology Today)

The average person experiences 80% of their thoughts as negative each day.  
(National Science Foundation)

**You don't respond to what is happening. You respond to what you tell yourself is Happening.**

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The sound of your voice is 60% more impactful (to you) than any other voice.



## Key Question/Challenge:

Will you create at least three narrative statements that will direct your self-talk, mindset, and daily life experience? Bring them to life and make them a part of you organically.





Our bodies and minds experience disconnection as threatening.

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## Items to include on your calendar:

- Downtime with friends and family
- **Vacations**
- Solo trips for renewal
- **Zoom meet-ups with friends and family**
- Outings you are looking forward to
- **Self-care appointments**
- Anything you consider an adventure
- **A day set aside to read or connect to a hobby**
- Celebrations for a job well done

Don't wait for magic!  
**Plan ahead for connection and build it into your life/schedule.**

Enjoy a 30% reduction in stress by simply having something to look forward to on your **calendar!**

-Psychology Today



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**The Joy of  
Being  
Heavily  
Scheduled!**



## Key Question/Challenge:

Can you think of a few connections you would like to grow in your life?  
Will you begin doing so in the next 72 hours?

**50%** of lawyers say they would enjoy and benefit from more connection in their lives.

ABA Survey

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# #3 Prioritize

## Keep what matters in front of you.

*Cue up your environment for success*





## Key Question/Challenge:

What are two or three ways you can begin cueing up your environment today?

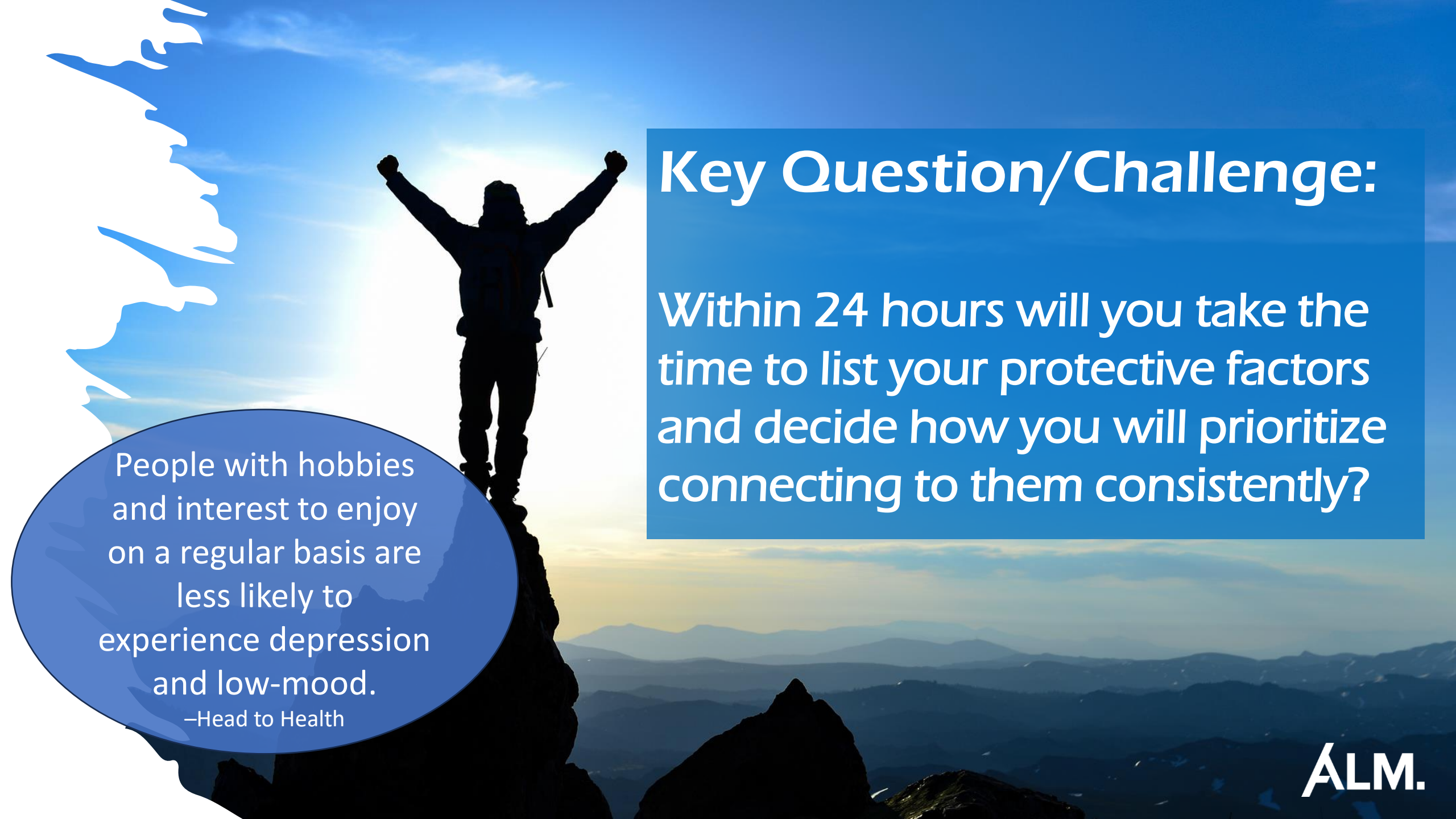
You are 4Xs (four times) more likely to stick with a new **habit** if you pair it with a visual cue.

Psychology Today

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**Prioritize Your  
Protective Factors;  
UTILIZE THEM OFTEN  
...Life's Storm Door...  
YOU CAN CREATE THEM!**

- Family
- Friends
- **Keeping a Connection Calendar**
- Diet/ Nutrition
- **Sleep Habits**
- Hobbies/ Pets
- Your Care and Concern
- **Your Attitude (Perspective)/  
Ability to Manage Triggers**
- Spiritual Beliefs
- Exercising



## Key Question/Challenge:

Within 24 hours will you take the time to list your protective factors and decide how you will prioritize connecting to them consistently?

People with hobbies and interest to enjoy on a regular basis are less likely to experience depression and low-mood.

—Head to Health



#4

IMPLEMENT  
THE TOOLS WITH  
INTENTION

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## PARAD'S ROLLER COASTER MODEL OF DEALING WITH STRESS

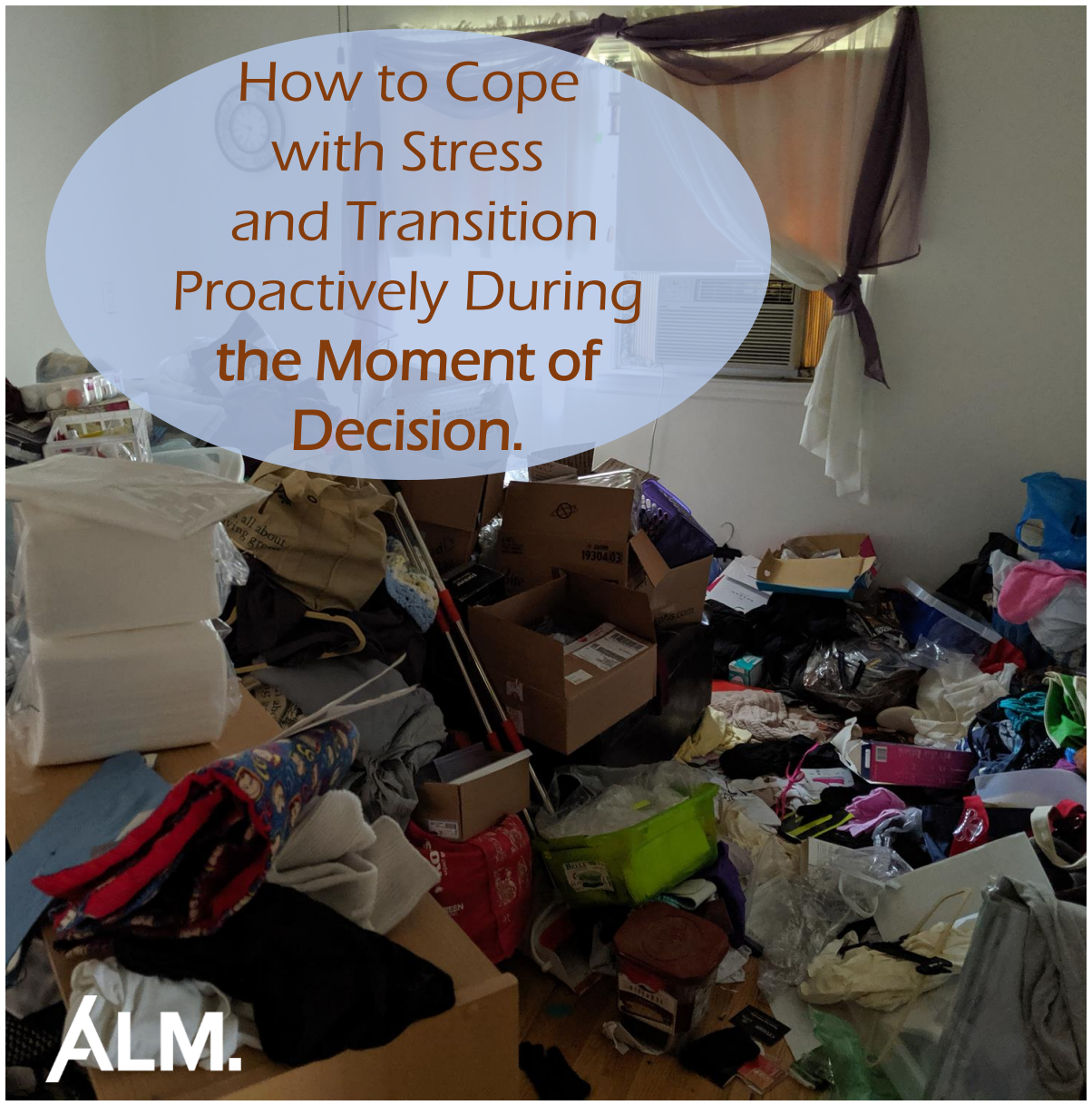
"One way or another our stress trauma resolves."

-Parad

*Your response during the moment of decision will bring you to a*  
**BREAKING POINT or a  
BREAKTHROUGH.**



How to Cope  
with Stress  
and Transition  
Proactively During  
the Moment of  
Decision.



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### 3 Questions for the Moment of Decision

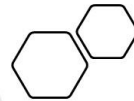
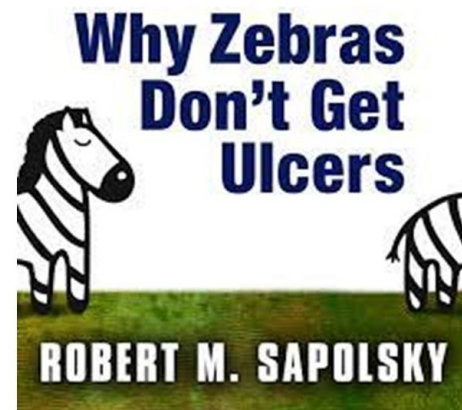
1. What must remain intact as I deal with what is happening?
2. What empowering narrative can I create?
3. What resources can I access to support me now.

**\*Get clear on what you need to release to gain momentum and safeguard your mental health.\***

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## Learning to Let Go

### Lessons from Zebras and Grandpa Hood

**GAMIFY YOUR WELL-  
BEING AND MIND WITH  
A MENTAL POWER  
WASH, DAILY!**



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