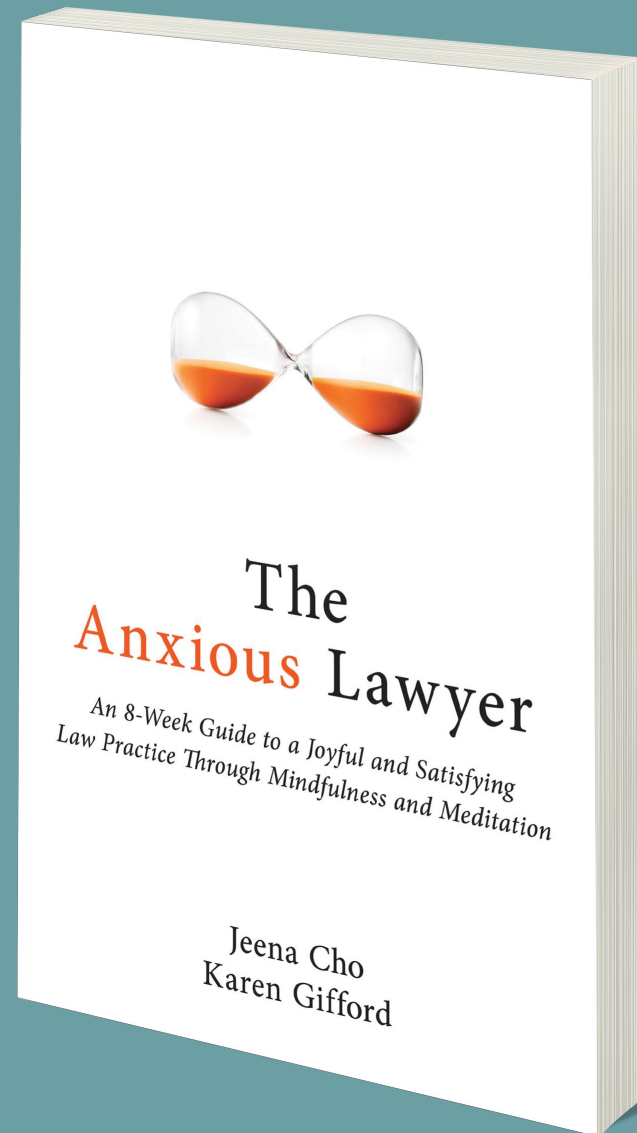


Role of Mindfulness in Cultivating a Sustainable and Healthy Law Practice





About Wellness Month





About Jeena Cho

Moderator: Ben Gibson

Overview of the 4-Week Program

- **Webinar 1:** Role of Mindfulness in Cultivating a Sustainable and Healthy Law Practice
- **Webinar 2:** Role of Compassion on Being a Competent Attorney
May 24, 2016, 12:00 PM – 1:00 PM
The Anxious Lawyer book, chapters:
Compassion Towards Others, Self-Compassion
(pages 109 – 162)

What is
mindfulness?

What is
meditation?



A wide-angle photograph of a beach at twilight. The sky is a mix of deep blue, orange, and yellow, with wispy clouds. The ocean is calm with gentle waves. A person is standing on the beach, fishing. A white box with a folded corner is in the center, containing the text 'Guided Meditation Practice'.

Guided Meditation Practice

A blue bicycle is parked on a concrete pier. The pier has a red metal railing with some graffiti. The ocean is visible in the background under a clear blue sky. A white rectangular box with a folded corner is overlaid on the image, containing the text.

Why is
mindfulness and
meditation useful
for lawyers?



Mental Training

- Training your mind for optimal performance
- Meditative practices
- Importance of the breath



Misconceptions

- Common difficulties
- Tips on starting your meditation practice

A person with long blonde hair, wearing a blue hoodie, is sitting on a rocky cliff edge, looking out over a vast landscape. The landscape features a deep blue fjord, steep mountains with patches of green and snow, and a small village with red-roofed houses nestled in the valley below. The sky is a clear, bright blue with some light clouds.

Challenges

- Sleepiness, boredom, surprising emotions

A hand with a pink manicure holds a vibrant green leaf. The background is a soft-focus green, creating a bokeh effect. A white rectangular box with a folded corner is positioned over the leaf, containing text.

Wellness

- What practices do you engage in on a regular basis to maintain your well-being?

A scenic coastal landscape featuring a white text box overlay. The background shows a rocky coastline with waves crashing against the shore, a clear blue sky with wispy clouds, and several tall, dark green trees in the foreground. The text box is positioned in the center-right of the image, containing the title 'Closing Thoughts' and a list of two bullet points.

Closing **Thoughts**

- Enjoy your practice!
- Don't be a meditation perfectionist

Thanks!

Any questions?

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Credits

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by [SlidesCarnival](#)
- Photographs by [Unsplash](#) & [Death to the Stock Photo](#) ([license](#))