

2021 Health Law Week Strength Through Adversity

Tapping Your Emotions to Enhance Your Legal Practice

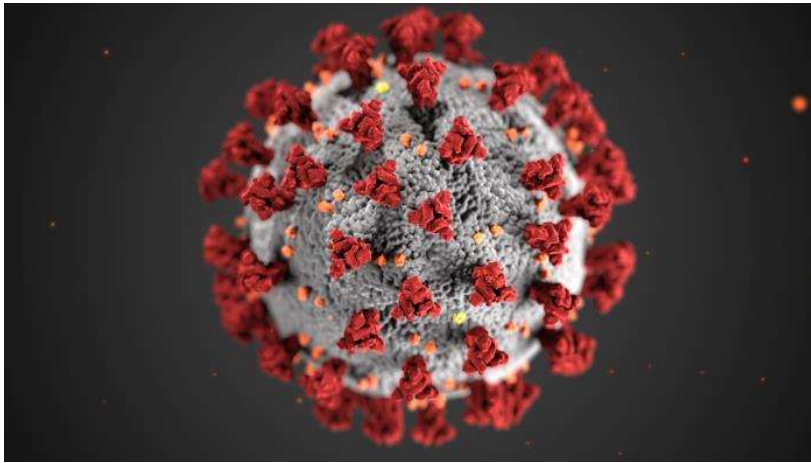
Jen McDowell, J.D.
Founder, (re)connect consulting, llc



Agenda

- Introduction
- Poll Questions
- Background: Why Feelings, Why Now?
- The Four “Primary” Emotions
- Application to Legal Practice
- Take Aways
- Resources
- Questions

Background: Why Now? (Generally)



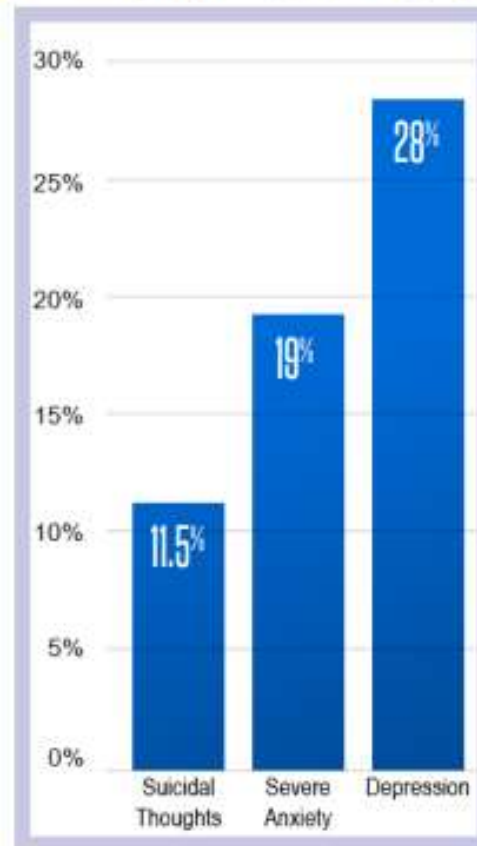
Millennials
Gen Z

#TheGreatResignation

Background: Why Now? (Law)

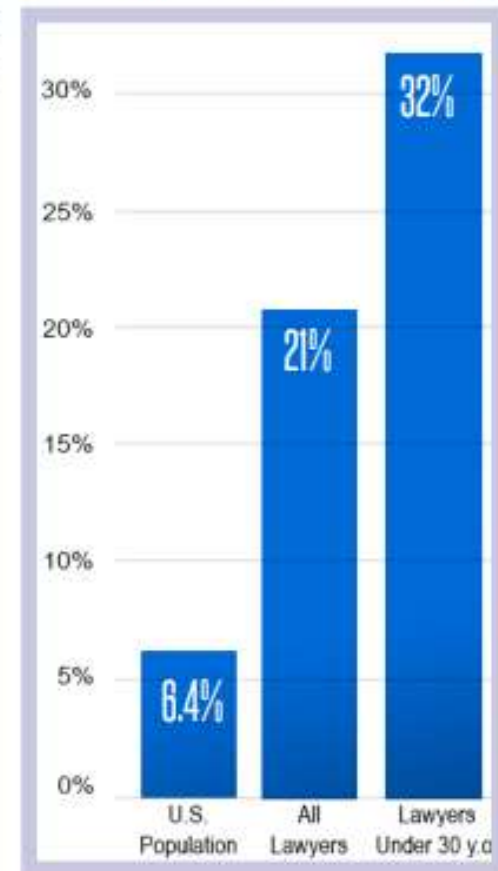
Burnout Malpractice

▶ Mental Health Issues



Mental health issues are defined under the Depression Anxiety Stress Scales (DASS-21)

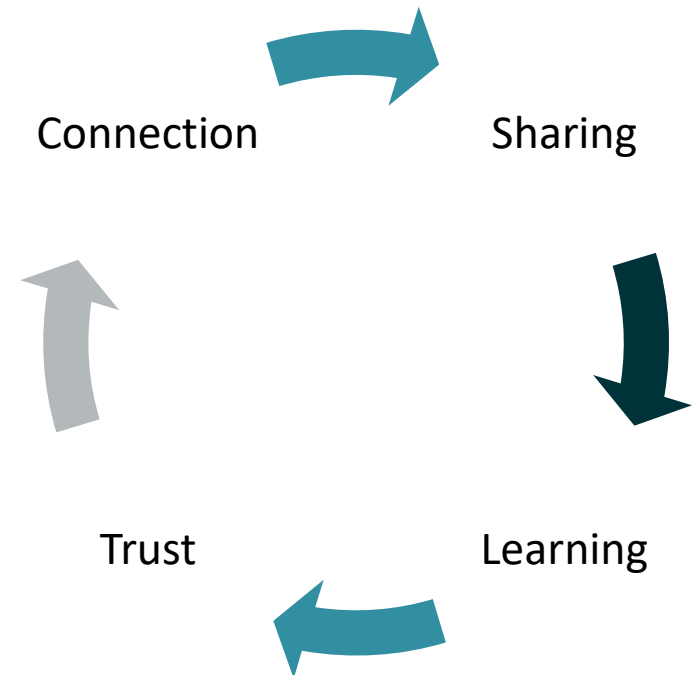
▶ Problematic Drinking



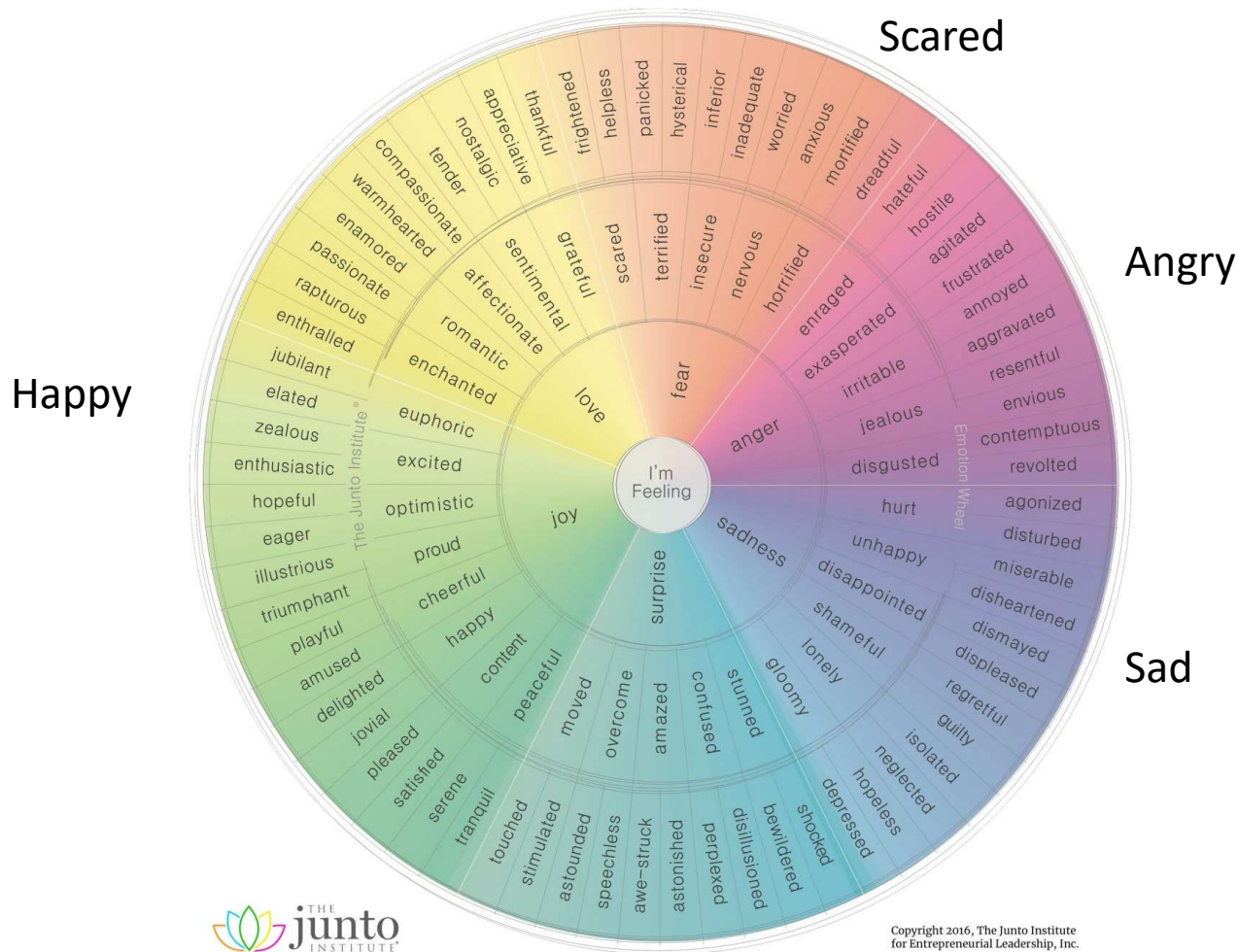
“Problematic drinking” is defined as Zones II, III and IV on the Alcohol Use Disorders Identification Test (AUDIT)

Background: Why Feelings?

- Impact to physical health
- Greater difficulty treating when care is delayed
- Clues to what's going on in your body and mind
- Role in developing high quality work relationships



The Four “Primary” Emotions



<https://www.thejuntoinstitute.com/emotion-wheels/>

The Four “Primary” Emotions

Happy

Sad

Scared

Angry

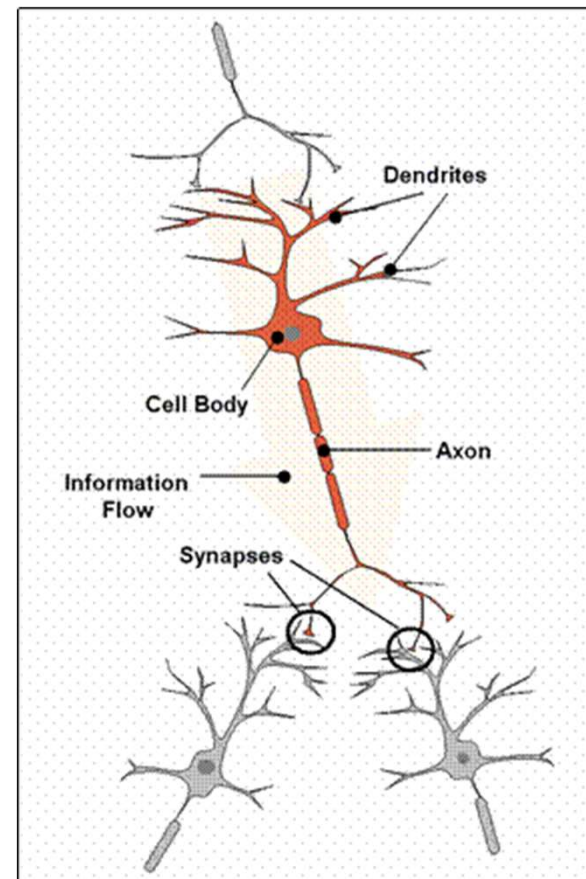
Application to Your Legal Practice: Stakeholders



Application to Your Legal Practice

Step 1: Raise Awareness

- Interrupts existing neural pathways
- Allows greater self-regulation
- Can occur real-time or after-the fact
- Validation is key



<http://www.psicopolis.com/renafop/memletics.htm>

Application to Your Legal Practice

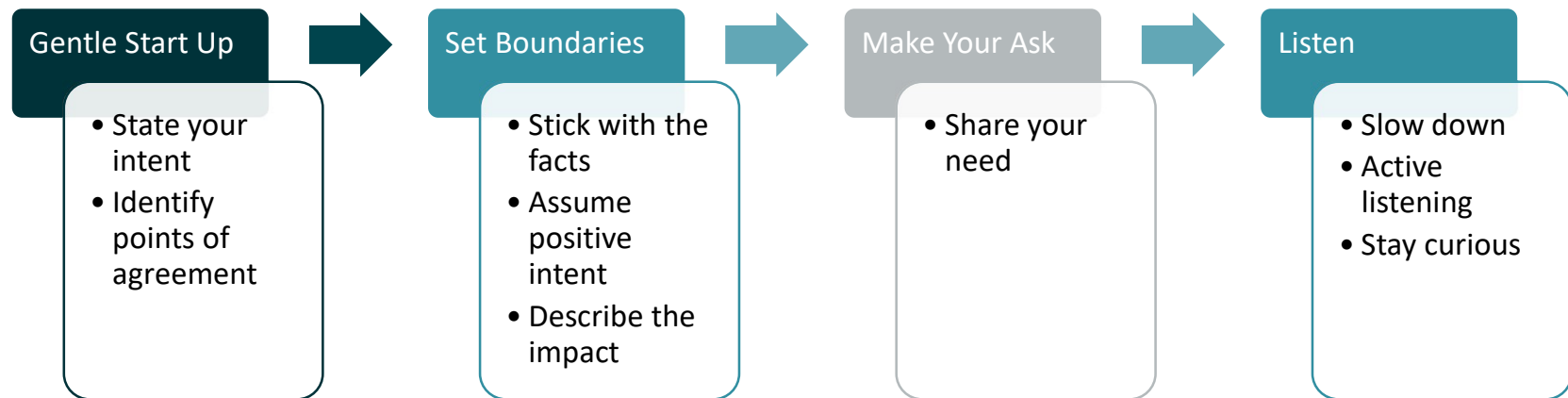
Step 2: Assess



- Identify stakeholders
- Identify needs and expectations
- Evaluate costs and benefits
- Anticipate reactions
- Develop plan

Application to Your Legal Practice

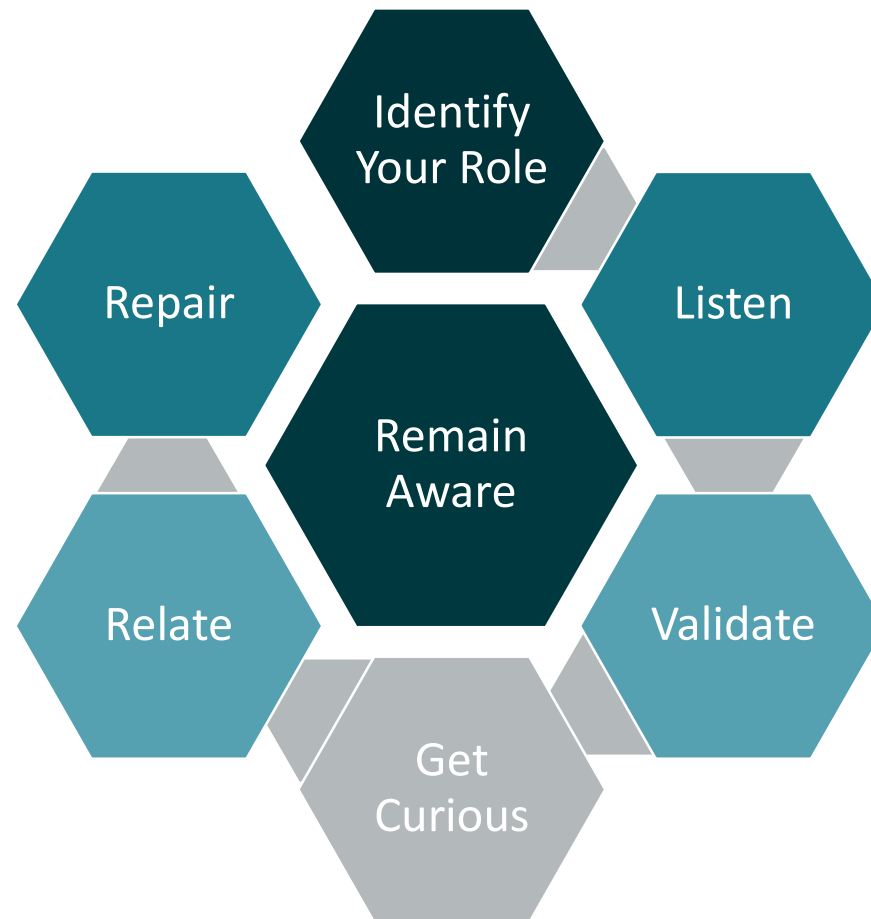
Step 3: Communicate



The more words, the better!

Application to Your Legal Practice

Step 4: Receive



Take Aways

- Awareness/look for cues
- Stay curious
- Share your narrative
- Keep practicing

Resources

Handout: Tapping Your Emotions to Enhance Your Legal Practice (re)connect CONSULTING

Step 1: Reflect on How Feelings "Show Up" in Your Body

Take a moment to reflect on how feelings "show up" in your body. What physical signs let you know you're experiencing a particular emotion?

Happy	Sad	Scared	Angry

Step 2: Learn from a Difficult Interaction

Think about a time where you had a difficult interaction with someone at work. Then, answer the following questions. What happened during the interaction and who was involved?

What feelings does/did this interaction raise for you? (Try to focus on the 4 main emotions.)

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Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
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Instructions: Use this calendar as a way to bring awareness to your feelings at work. Aim for a couple check-ins over the course of a day, and simply note whether you are happy, sad, scared, or angry. You may feel multiple emotions at once. Each week, and at month's end, look for trends in how your emotions vary throughout the day and evaluate whether those variations offer any insights.

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ABA Profile on the Legal Profession

Shape [article](#) on Wheels of Emotions

Elemental [article](#) on anger

Questions?

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