

**“I’M NOT AN ALCOHOLIC. I’M A SOCIAL
DRINKER. WHEN SOMEONE SAYS
LET’S HAVE A DRINK, I SAY... SOCIAL I”**

Alcohol and Lawyers

SYMPTOMS OF ALCOHOL ABUSE/DEPENDENCE

Symptoms may include:

Being unable to limit the amount of alcohol you drink

Feeling a strong need or compulsion to drink

Developing tolerance to alcohol so that you need increasing amounts to feel its effects

Having legal problems or problems with relationships, employment or finances due to drinking

Drinking alone or in secret

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Experiencing physical withdrawal symptoms — such as nausea, sweating and shaking — when you don't drink

Not remembering conversations or commitments, sometimes referred to as "blacking out"

Making a ritual of having drinks at certain times and becoming annoyed when this ritual is disturbed or questioned

Losing interest in activities and hobbies that used to bring you pleasure

Irritability when your usual drinking time nears, especially if alcohol isn't available

Keeping alcohol in unlikely places at home, at work or in your car

Gulping drinks, ordering doubles, becoming intoxicated intentionally to feel good or drinking to feel "normal"

How Alcohol Abuse/Dependence Affects Lawyers

As many as one in five lawyers is a problem drinker – twice the national rate. While it's uncertain why lawyers experience alcohol dependence and abuse at a higher rate, it is clear that alcoholism has devastating effects on a lawyer's career and personal life.

Are your work habits and office environment putting you at risk? A few key questions to ask yourself include:

Is your office in a state of constant chaos, disorganization, or high stress?

Do you find yourself with the same stresses on your plate and the same problems within your office year after year?

Are you setting goals for yourself and office that never seem to be achieved?

Do you dread the start of yet another day at the office?

Are you in control of your work, or is your work in control of you?

How often office morale is low and interoffice tensions are high.

The frequency and severity of client complaints.

How far (and long) we can stick our heads in the sand in an effort to avoid the truth.

Chronic, office-wide chaos.

Unclear mission; no written long-term goals.

Weak or haphazard internal leadership.

Unclear and inconsistently enforced policies and procedures.

Little, if any, true teamwork, cross-selling of services, or support of one another.

Lack of loyalty to the firm and a distrust of partners or other coworkers.

Poor communication and people skills.

Criticism voiced publicly and frequently; compliments or appreciation rarely, if ever, offered.

Low office morale.

High employee turnover.

Chronic procrastination.

Poor planning and prioritizing, resulting in last-minute panics.

Lack of time-management skills.

File mismanagement and disorganization.

Repeated failure to meet deadlines promised to clients.

Frequent client complaints, many of which are of the same type (e.g., unreturned phone calls, not being kept informed about the status of their cases).

We all have days when we grumble to ourselves,
"Can I trade this job for whatever is behind Door #1?"

"Nice perfume, but must you marinate in it?"

"Daily panic and chaos...this is what I get for surviving law school?!"
"Our office is the world's largest natural source of sarcasm!"

"Is there a sign outside my door that reads 'Endless Interruptions Appreciated & Welcome'?"

"Have I thanked you lately for your whining, chronic complaining, and negative attitude?"

"If our cash flow was as big as your ego, we would be enormously rich!"

"Thank you for being such a jerk; it helps make me look nicer!"

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The Dangerous Link Between Chronic Office Chaos, Stress, Depression, and Substance Abuse

By Nancy Byerly Jones

www.americanbar.org

What We Know

- ❖ Alcohol dependence is highly heritable.
- ❖ There is no evidence that specific genes 'pre-determine' alcoholism.
- ❖ Social, psychological, and environmental factors interact along with genetic susceptibility to influence overall risk for alcoholism.
- ❖ Individual variations in alcohol sensitivity and affective tolerance are likely important determinants.

Law School
Quadruples the
Chances of Depression
for Tens of Thousands:
Some Changes That
Might Help
By Kate Mayer
Mangan

- law students enter school with fairly normal rates of depression (about 8-9 percent),
- upon matriculation, the rate of depression more than quadruples (to about 40 percent)
- 96 percent of law students experience extreme stress, only 70 percent of medical students and 43 percent of graduate students are extremely stressed.
- Throughout their careers, lawyers experience significantly elevated levels of depression, anxiety and suicide.

Research confirms that the intense focus on grades, and other external factors, shifts students' motivation from the internal sources that promote happiness (purpose, autonomy, connectedness) to external factors that detract from well-being.

- Pessimism is seen as a plus among lawyers
- seeing troubles as pervasive and permanent is a component of what the law profession deems prudence.
- A prudent perspective enables a good lawyer to see every conceivable snare and catastrophe that might occur in any transaction.
- The ability to anticipate the whole range of problems and betrayals that non-lawyers are blind to is highly adaptive for the practicing lawyer who can, by so doing, help his clients defend against these far-fetched eventualities

A Win-loss Game

Competition is at its zenith. Lawyers are trained to be

- aggressive
- Judgmental
- intellectual
- analytical
- emotionally detached.

This produces predictable emotional consequences for the legal practitioner: he or she will be depressed, anxious and angry a lot of the time.

Low decision latitude in high-stress situations.

These young lawyers often fall into this cusp of high pressure accompanied by low choice.

Associates often have little voice about their work, only limited contact with their superiors, and virtually no client contact. Instead, for at least their first few years of practice, many remain isolated in a library, researching and drafting memos on topics of the partners' choosing

Alcoholism as a Disease

Toward the end of the 19th century and the beginning of the 20th century,

- addicts were often viewed as morally wrong and even shunned as being bad people or sinners.
- This type of thinking led many physicians of the time to fight to change common perceptions and try to help addicts instead of punish them.

The formation of AA – Alcoholics Anonymous – in the 1930s and the publication of noted psychiatrist and Director of the Center of Alcohol Studies at Yale Medical School E. M. Jellinek's famous book defining the concept of alcoholism as a medical disease facilitated moving alcoholism into a different light.

Jellinek is often called the father of the disease theory or model of alcoholism. His theory listed alcoholism as having stages that drinkers progressively passed through.

Pre-alcoholic phase, which includes social drinking when drinkers often start to develop a tolerance for alcohol and drink to relieve stress or feel better

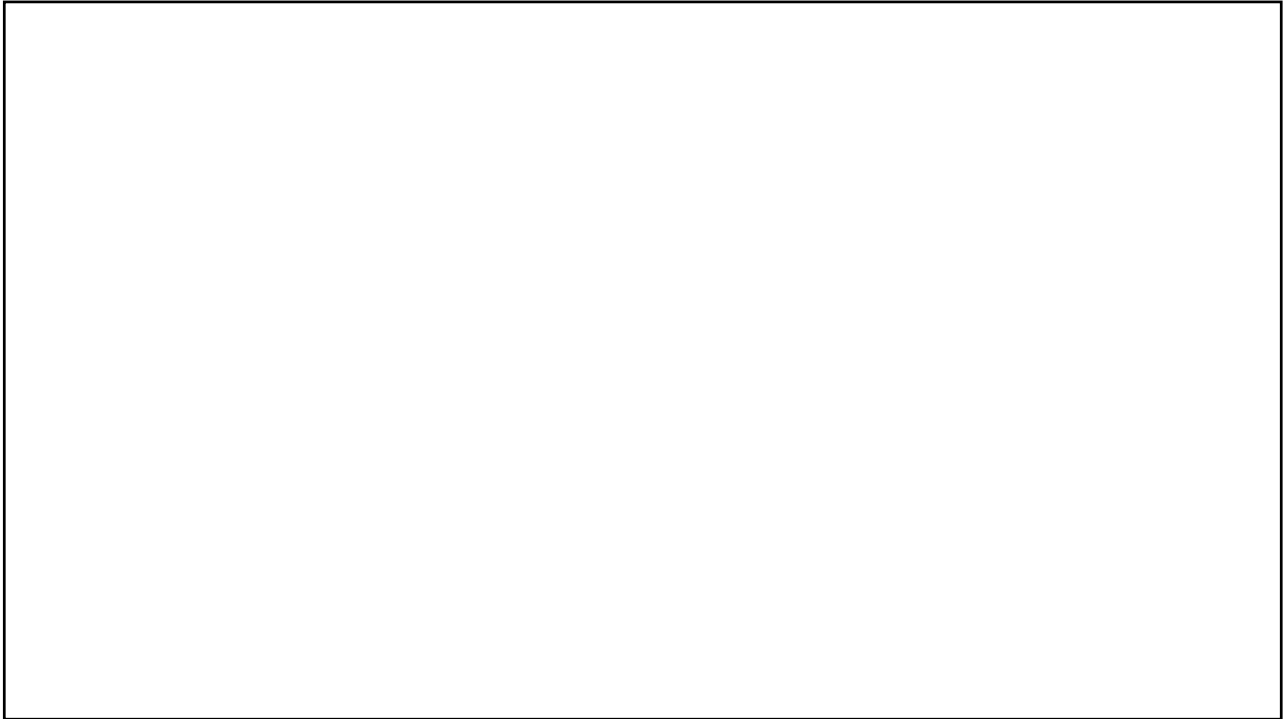
Prodromal phase, also considered the early-alcoholic stage where blackouts begin to occur, the drinker begins to drink alone and in secret, and thinks about alcohol frequently while their alcohol tolerance continues to grow

Crucial phase characterized by a spiral of out-of-control drinking at inappropriate times and problems with daily life and relationships as well as physical changes to the brain and body

Chronic phase which includes daily drinking, drinking as the main focus of life, health problems cropping up, cravings and withdrawal symptoms, and physical and mental long-term alcohol abuse issues

“Life’s barely long enough to get good at one thing. So be careful what you get good at.”

Rust Cohle,
(Matthew McConaughey’s
character in Season 1 of
HBO’s *True Detective*, aka,
the *good season*).



THE CYCLE OF ADDICTION

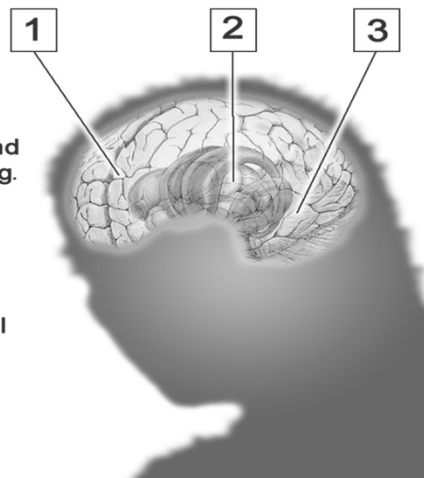


HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

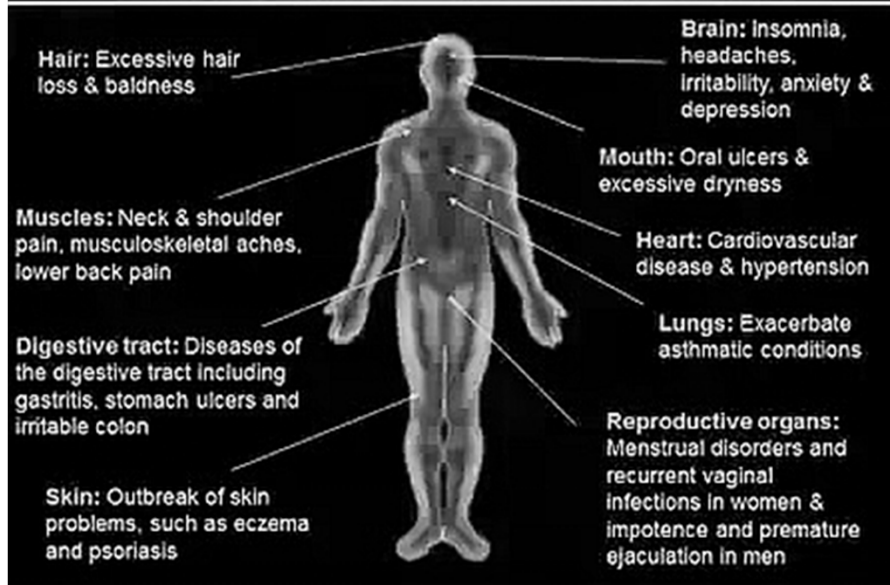
1. First, alcohol affects the forebrain and assaults motor coordination and decision making.

2. Then, alcohol knocks out the midbrain, and you lose control over emotions and increase chances of a blackout.



3. Finally, alcohol batters the brainstem as it affects heart rate, body temperature, appetite and consciousness, a dangerous and potentially fatal condition.

Effects of Stress



Symptoms of HIGH CORTISOL LEVELS

- | | |
|--|--|
|  WEIGHT GAIN
(ESPECIALLY AROUND THE ABDOMEN/STOMACH) |  HIGHER SUSCEPTIBILITY TO INFECTIONS |
|  A PUFFY, FLUSHED FACE |  HIGH BLOOD PRESSURE |
|  MOOD SWINGS |  ACNE OR OTHER CHANGES IN THE SKIN |
|  INCREASED ANXIETY |  HIGHER RISK FOR BONE FRACTURES & OSTEOPOROSIS |
|  FATIGUE/POOR SLEEP
(INCLUDING FEELING "TIRED BUT WIRED") |  MUSCLE ACHES AND PAINS |
|  INCREASED URINATION |  CHANGES IN LIBIDO |
|  IRREGULAR PERIODS & FERTILITY PROBLEMS |  EXCESSIVE THIRST |

Dr. Axe
FOOD IS MEDICINE

Cortisol-Reducing Foods



Wild Salmon for Omega 3 Fatty Acid

Omega 3 is known to have a calming effect on the nervous system. The fatty acids EPA and DHA found in Omega 3 is believed to reduce mental stress. Omega 3 is known to reduce inflammation & oxidative stress in the body.



Citrus Fruits for Vitamin C

Vitamin C provides a subtle cortisol-lowering effect. Increase your intake of oranges, bell peppers and dark green leafy vegetables to boost your Vitamin C level and reduce cortisol.



Green Tea for L-Theanine

This essential nutrient is almost exclusively found in green tea. Theanine can cross blood-brain barrier and cause relaxation without feeling drowsy. While green tea contains caffeine, researchers believe that its theanine content is so effective that it can override the effect of caffeine and end up reducing cortisol levels.



Cheese for Glutamine

Glutamine is the most common amino acid in muscle cells and help preserve the muscles by managing cortisol levels. Also, it provides other benefits such as increase in protein synthesis and enhanced immune function.

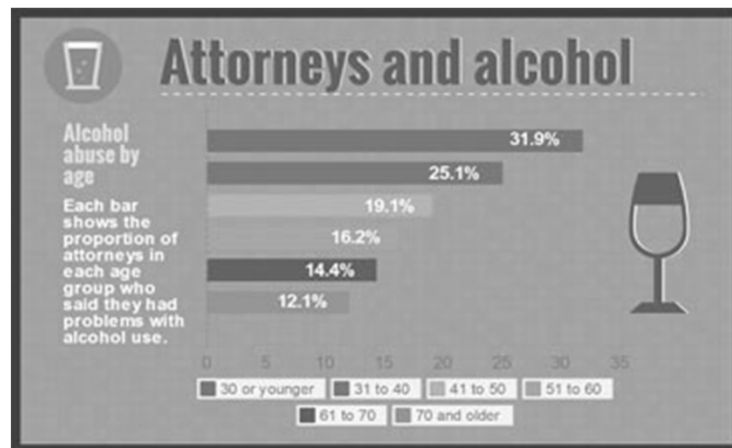


Soybeans for Phosphatidylserine

PS is a known cortisol blocker, removing toxins from cells and driving nutrients into.

 **BeyondGoodHealth™**
Holistic Medical Clinics

On your body	On your mind	On your behavior
<ul style="list-style-type: none"> • Headache • Muscle tension & pain • Chest pain • Fatigue • Upset stomach • Sleep problems 	<ul style="list-style-type: none"> • Anxiety • Restlessness • Lack of motivation or focus • Irritability or anger • Sadness or depression 	<ul style="list-style-type: none"> • Overeating or undereating • Angry outbursts • Drug or alcohol • Tobacco use • Social withdrawal



A far-reaching study conducted by the Hazelden Betty Ford Foundation and the American Bar Association indicates that as many as one out of three lawyers is a problem drinker and one out of four has some form of depression or anxiety.

The study released in 2016 in the Journal of Addiction Medicine posed a series of questions about alcohol use to the 12,825 lawyers who participated in a national survey. Among those who answered the first three questions in the alcohol survey, 36.4 percent showed signs of alcohol abuse or dependence. Of those who answered all 10 questions, about 21 percent reported problems with alcohol. At least one out of four attorneys also reported some form of depression, anxiety or stress, according to the study.

The research was released in a report titled, “The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys.” It was funded by the ABA Commission on Lawyer Assistance Programs and the Hazelden Betty Ford Foundation.

Patrick R. Krill, a study co-author, attorney and director of Hazelden’s Legal Professionals Program, called the results

“alarming,” highlighting problem drinking among attorneys at rates much higher than for other professions and even the general population.

“It’s so alarming because it paints a picture of a profession that is very unhealthy in terms of behavior,” he said. Attorneys are “trusted with people’s fortunes, people’s rights and with people’s lives. And if between one in five or one in three have an alcohol use disorder, the public is not being protected.”

The study underscored high rates of alcohol abuse among young attorneys with only a few years of practice. Almost 32 percent of attorneys 30 and younger were classified as problem drinkers. Those with less than 10 years of experience in law also had the highest rate of problems with alcohol, about one out of four or 28.1 percent.

About 53 percent of the study participants were men, while just over 46 percent were women. Overall, more men than women also reported problems with alcohol abuse than women, 25.1 percent of men compared with 15.5 percent of women.

Michigan Alcohol Screening Test (MAST)

Beck Depression Inventory

Beck Anxiety Inventory

Resources for Help

Phone Apps

Sleep

Mindfulness

Psychotherapy

Exercise

Volunteerism

Diet

Mentoring

Relaxation Exercising and Breathing Exercises

Confront Irrational Beliefs about Self and Events

Friends

Spirituality