




1

Today



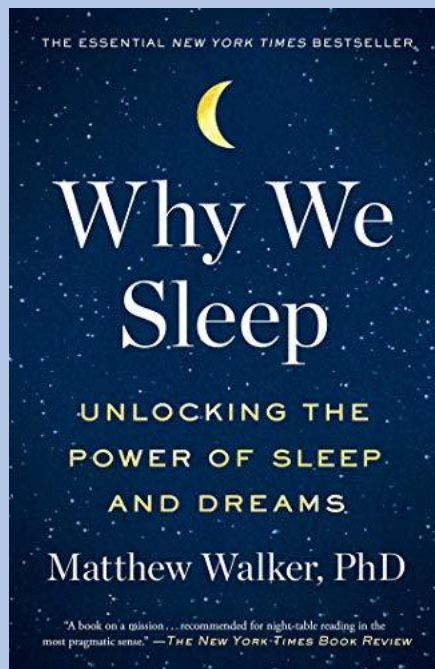
- Detecting mental issues that impair competence.
- What is mindfulness and basic functional mindfulness practices.
- Applications of Mindfulness to your law practice.

2

Mental Issues That Impair Competence

- Multitasking
- Checking Messages
- Social Media
- Competitiveness
- Busyness
- Aggression
- Fear
- Sorrow
- Repressed Emotions
- Being Right
- Critical Thinking
- How you treat lawyers
- Sleep Deprivation
- Being Late

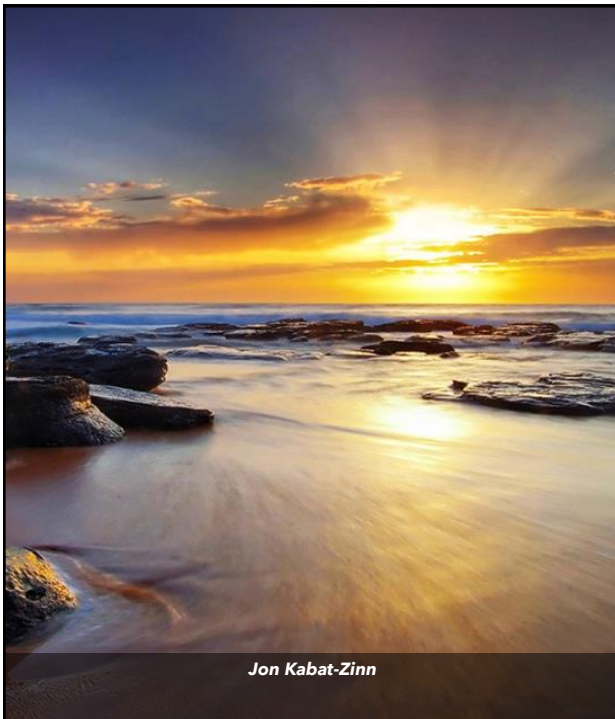
3



4

Mindfulness

5



Jon Kabat-Zinn

“The awareness that arises from:

- paying attention
- on purpose
- in the present moment
- non-judgmentally”

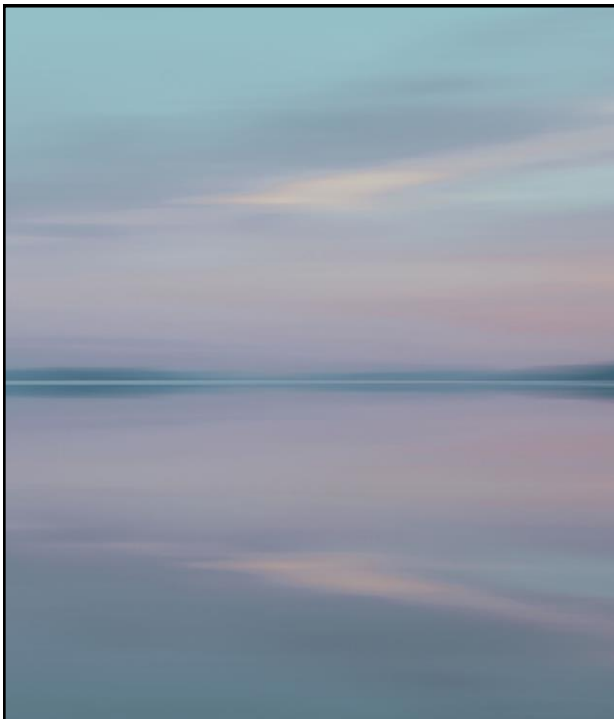
6



Emotional Intelligence

The ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions.

7



Integrating Breath + Body + Mind

- Horizon Breath
- Opening the Chest
- Opening the Neck

8



9



10

Mindful Listening



11

Applied Mindfulness

- Client Interviews
- Depositions
- Negotiations
- Court

12

Let Go of Anxiety

4 & Out Breathing

- Inhale for a count of 4
- Brief pause
- Sigh it all out (empty lungs completely)
- Repeat (x 4)

13

Return to Contentment

- (In Breath) "Present"
- (Out Breath) "Kind"



14

Moment by Moment Awareness

- **Mindfulness meditation** is the core of mindfulness training.
- **Attending to the ordinary** develops and maintains mindfulness as a way of life. Be curious. Savor the details.
 - Bathing
 - Brushing teeth
 - Eating
 - Walking
 - Driving
 - Engaging with loved ones 😊



15



Thank You.
Go forth and Breathe.

16