



## LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

### LCL NOVEMBER CLE PROGRAMS

#### **Chronic Stress, Mental Health, and Addiction in the Legal Profession**

**Tuesday, November 7, 2023, 4:00 —5:00 P.M.**

**1.0 Hour Elimination of Bias Credit (applied for)**

Register [Here](#)

Lawyers are exposed to experiences that can lead to higher stress and greater consequences than those in many other careers. There is a clearly recognized continuum where unresolved chronic stress becomes a predictor for substance use problems and mental illness, particularly depression and anxiety. By understanding this continuum and the facts about addiction and mental illness, lawyers can reduce their risk and, hopefully, get help earlier when there is a mental health, substance use, or related problem. This program will present signs, symptoms, risk factors, and recovery regarding these challenges. The presenter will also provide personal examples and information on Minnesota's lawyer assistance program.

#### **Understanding and Managing Holiday Stress**

**Tuesday, November 21, 2023, 4:00—5:00 P.M.**

**1.0 Standard CLE Credit applied for**

Register [Here](#)

Media images portray happy families gathered in perfect settings where everyone loves their gifts. For lawyers who can be particularly busy at year end, expectations and details can cause significant stress and set off reactions that are anything but harmonious. This program will offer insight into some of the triggers of holiday stress in the legal profession (financial, emotional, time pressures) and offer practical strategies and tactics to prepare for meeting them head on. Participants will also learn personal techniques for setting priorities and handling stressful situations.

LCL programs are open to all legal professionals.

After registering, you will receive a confirmation email containing information about joining the meeting. These programs are open to all legal professionals. For more information, please call 651-646-5590 or email [Joan Bibelhausen](mailto:Joan.Bibelhausen). LCL does not charge for these programs; contributions are gratefully appreciated. [Donate here](#).