

Ethics, Mental Health, & Social Media in the Legal Profession

I. Any discussion of the benefits and pitfalls of today's technologies relative to the legal profession must begin with a brief overview of the context within which lawyers work.

A. As a class, lawyers experience substance use disorders and behavior that is excessive, compulsive, or problematic at rates higher than that of the general population.

1. Alcohol Use Disorder
 - a) Profile of the High Functioning Impaired Lawyer
 - b) The CAGE Mnemonic: A Quick Problem Assessment
2. Other Substance Use and Behavior Disorders
 - a) List of Common Substance Use and Behavior Disorders
 - b) Internet Addiction
 - (1) Internet Gaming
 - (2) Online Pornography
 - (3) Social Media
 - (4) YouTube
 - (5) Emerging services, site, programs, etc.
 - c) Smartphone Addiction
3. Computer Overuse
 - a) Physical Characteristics of Computer Overuse
 - b) Psychological Characteristics of Computer Overuse
 - c) Computer Overuse in the Workplace

B. As a class, lawyers experience some mental illnesses at rates higher than the general public.

1. Depression
2. Anxiety
3. List of Other Mental Health Issues

C. Young lawyers have a substantially higher incidence of Substance Use Disorder and depression.

D. The work schedule of a full-time lawyer often exceeds the standard forty-hour week. It frequently bleeds into the lawyer's personal time, despite efforts by firms to offer increased flexibility in schedules.

II. Technology, particularly internet-enabled applications, websites, and programs can dramatically alter how lawyers work and live their lives.

A. There are several risks that lawyers should understand that are associated with technology and its place in the firm and their personal life.

1. Data Security
2. Network Security
3. BYOD Issues
4. Device Security

B. Technological innovation continues to alter the legal landscape as well as that of our personal lives. Developments in the law tend to lag behind technological innovation by a significant amount of time. The pace of change has reached staggering levels.

III. People, including lawyers, are spending increasing amounts of time interacting with and using technology.

- A. Television and Streaming Services
- B. Internet Use
- C. Smartphones
- D. Social Media

IV. The Always Accessible Attorney: Lawyers deserve a life too!

A. **Stress and Burnout**

1. **Definition.** Stress is a series of physiological responses and adaptations to a real or imagined threat or demand. Stress occurs automatically in response to certain stimuli, often external but frequently internal as well. An individual has no control over their body's stress response but can exert control over how they choose to address the underlying cause. A stress response can be good or bad, healthy, or unhealthy.

2. **Types of Stress.**

a) **Eustress.** “[T]he positive stress response, involving optimal levels of stimulation: a type of stress that results from challenging but attainable and enjoyable or worthwhile tasks (e.g., participating in an athletic event, giving a speech). It has a beneficial effect by generating a sense of fulfillment or achievement and facilitating growth, development, mastery, and high levels of performance.” Eustress. (n.d.) in APA¹ Dictionary of Psychology. Retrieved from <https://dictionary.apa.org/eustress>, accessed

¹ American Psychological Association. Please note that there are two professional associations which are frequently confused with each other since they both use the initials “APA”: The American Psychological Association and the American Psychiatric Association.

12/31/2019.

b) **Distress.** “[T]he negative stress response, often involving negative affect and physiological reactivity: a type of stress that results from being overwhelmed by demands, losses, or perceived threats. It has a detrimental effect by generating physical and psychological maladaptation and posing serious health risks for individuals. This generally is the intended meaning of the word stress.” Distress. (n.d.) in APA Dictionary of Psychology. Retrieved from <https://dictionary.apa.org/distress>, accessed 12/31/2019.

3. **General Effects of Stress on the Human Body.**

a) **Freeze, Flight, Fight, Fright, Faint.** Stress responses evolved to keep us safe from harm. Previously, people referred to the human acute stress response colloquially as the body’s “fight or flight” response. However, “[b]ased on recent literature, freeze, flight, fight, fright, faint provides a more complete description of the human acute stress response sequence.” H.S. Bracha, *Freeze, flight, fight, fright, faint: adaptationist perspectives on the acute stress response spectrum*, *CNS Spectr*², vol. 9, no. 9, pp. 679-85 (September 2004).

b) **Hormone Response to Stress.** As an automatic response by our bodies to a perceived or real threat, stress causes profound physiologic changes. The hormones adrenaline and cortisol are released. Our hearts beat faster to push oxygen out to our muscles; our pupils dilate to focus our vision better; our digestive systems and immune systems temporarily shut down to free up resources our bodies may need to fight or flee. All these changes help us in the short term to address the threat. Once the danger is over, our bodies are supposed to return to normal. If, however, we are under near-constant stress, the continual presence of these physiologic changes may result in harmful and undesirable conditions such as higher blood pressure, more frequent illnesses, and reactionary coping mechanisms.

c) **Good Stress/Bad Stress.** Eustress is beneficial to us. It charges us up and allows us to meet challenges head-on and gives us the necessary energy to do so. In contrast, distress is the chronic feeling of being overwhelmed, oppressed, and behind in tasks. There is a sense that life is controlling us, and we see little hope for relief, all of which can have unhealthy results.

4. **Sources of Stress for Lawyers.**

The legal profession offers many opportunities to take on someone else’s problems, and it presents numerous sources of stress. There are stressful realities in the everyday practice of a lawyer, regardless of their area of practice, the formal structure of their firm, and whether they litigate,

² *CNS Spectrums* is a monthly journal designed to bridge the clinical information needs of psychiatrists and neurologists.

primarily do transactional work, or perhaps even work in a non-traditional career.

a) **Disillusionment.** Each lawyer comes to the profession with their unique background and set of life experiences, each having motivations, goals, and objectives that informed their career choice. It is not unusual for professionals in any career, including the practice of law, to experience a sense of disillusionment during parts of their careers. A sense of disillusionment may be triggered by a significant transition like moving from law student to associate, or by the loss of a key client or a critical case.

The New York City Bar Association studied lawyers' "quality of life" and "unhappiness among young lawyers," reporting in part "[t]he implication and costs of this unhappiness are significant, as many bright attorneys grow disillusioned and cynical, with diminishing career opportunities. Unhappy associates fail to achieve their full potential at a cost to them, their firms, their clients, and even their families. Invariably, many lawyers leave the law firm, and some the practice of law, prematurely, resulting in undesirable turnover, and a loss of talent to the profession." Martin E.P. Seligman et al., *Why Lawyers are Unhappy*, *Cardozo L. Rev.*, vol. 23, pp. 33-53 (2001-2002) (referencing Report of the Task Force on Lawyers' Quality of Life, *Rec. Ass'n B. N.Y.*, vol. 55, p. 755 (2000)).

b) **Rules-Based Morality.** The way we help people—the way we make a difference for our clients—is to make their set of circumstances fit a set of rules. We apply the law to the facts, often without regard to our moral convictions. It can occasionally happen that what we do in our client's best interest may conflict with our morality, creating mental friction, which psychologists refer to as "cognitive dissonance." While this may create the type of drama upon which Hollywood thrives, it can lead to consequences in our personal lives. Furthermore, the routine application of a set of formal rules can also create a tendency to see everything in terms of how we believe it should fit into the world as we see it. And we will use our finely tuned persuasive and argumentative skills to insist upon it.

c) **Perfectionism.** We quickly learn from the beginning in law school that mistakes will cost us. We learn the cost of failure can be high. From the humiliation of the Socratic method when we are not prepared (or even if we are) to cases where professional discipline occurs because of missed deadlines and essential details, we learn that we must not fail. We may also succumb to the temptation to view losing as a failure even though we know that there must be both winners and losers in an adversarial system. When we pursue perfectionism, it is generally not limited to our work life. Any possible failure becomes an opportunity for intense self-scrutiny, and every move we make can become defined by winning or losing.

Recent research into perfectionism with particular emphasis on the workplace has resulted in the identification of two types, based broadly on

their psychopathological implications (Enns & Cox, 2002). This does not imply that there are “good” and “bad” types of perfectionism, but only that there are two broad types that have different effects in the workplace.

(1) **Adaptive Perfectionism a/k/a “Excellence Seeking.”** A type of perfectionism characterized by the following traits or facets which conceptually relate in that they center around tendencies to focus on compulsively, and demand to achieve, excessively high standards. (Dunkley, Blankstein, & Berg, 2012.)

- (a) Personal or High Standards
- (b) Organization
- (c) Order
- (d) Self-Orientation
- (e) Other-Orientation

Dana Harari et al., Is Perfect Good? A Meta-Analysis of Perfectionism in the Workplace, *J. Appl. Behav. Sci.*³, vol. 103, no. 10, 1121-1144 (2018). (Citations in the original.)

(2) **Maladaptive Perfectionism a/k/a “Failure Avoiding.”** A type of perfectionism characterized by the following traits or facets sharing the conceptual core of an obsessive aversion to and concern with the possibility of failing to reach high-performance standards. (Enns & Cox, 2002; Terry-Short et al., 1995.)

- (a) Concerns over Mistakes
- (b) Discrepancy
- (c) Doubts about Actions
- (d) Socially Prescribed
- (e) Parental Expectations
- (f) Parental Concerns

Id. (Citations in the original.)

d) **Impostor Syndrome a/k/a Impostor Phenomenon.** Maladaptive Perfectionism shares many traits with the Impostor Syndrome, generally defined as “feelings of inadequacy in the face of demonstrated competence.” Lyuba Konopasek, MD, & Stuart Slavin, MD, Addressing Resident and Fellow Mental Health and Well-Being: What Can You Do in Your Department?, *J. Peds.*⁴, vol. 167, no. 6, 1183-84.e1 (December 2015). “Individuals with the Impostor Phenomenon [Impostor Syndrome] experience intense feelings that their achievements are undeserved and

³ *Journal of Applied Behavioral Science* reports the latest peer-reviewed research on behavioral science and its applications to social policy, organizational development, and community activity.

⁴ *Journal of Pediatrics* is a monthly peer-reviewed journal covering all aspects of pediatrics.

worry that they are likely to be exposed as a fraud. This causes distress and maladaptive behavior (e.g., Clance, 1985; Harvey & Katz, 1985; Kolligian & Sternberg, 1991; Sonnak & Towell, 2001).” Jaruwat Sakulku & James Alexander, *The Impostor Phenomenon*, *Int’l J. Behav. Sci.*⁵, vol. 6, no. 1, 75 (2011). (Citations in the original.) “Researchers have identified a number of factors contributing to the emergence of Impostorism [referring to the psychological experience of individuals who perceive themselves as intellectual frauds and also fear being exposed as impostors], including perfectionism and family environment. Links between Impostorism and its consequence, psychological distress, such as anxiety and depression, have been well established.” *Id.* at 76. (Internal citations omitted.).

“A high level of Impostor Phenomenon limits the acceptance of success as an outcome of one’s own ability and influences feelings of self-doubt and anxiety.” *Id.* at 77. Clance (1985) suggested that six potential characteristics mark the Impostor Phenomenon:

- (1) **The Impostor Cycle.** The Impostor Cycle is a pattern of behavior exhibited by an individual starting with the assignment of an achievement-related task, progressing through a period of either over-preparation or initial procrastination followed by frenzied preparation, and culminating in task completion accompanied by a short-lived sense of relief and accomplishment. The cycle tends to be self-reinforcing.
- (2) The need to be special, to be the very best
- (3) Superman/Superwoman aspects
- (4) Fear of failure
- (5) Denial of competence and discounting praise
- (6) Fear and guilt about success

Id. at 77-80. (Internal citations omitted.)

e) **Pessimism.** “‘Pessimism’ is a term emerging from a reformulation of learned helplessness theory...[it] is defined *not* in the colloquial sense: ‘seeing the glass as half full or half empty’ but rather, as a pessimistic ‘explanatory style.’ This is the tendency to interpret the causes of negative events in stable, global, and internal ways....Under this definition, the pessimist will view bad events as unchangeable. The optimist, in contrast, sees setbacks as temporary.” Martin E.P. Seligman et al., *Why Lawyers are Unhappy*, *Cardozo L. Rev.*, vol. 23, pp. 33-53, 39 (2001-2002). (Emphasis in the original.)

“[W]hile pessimists tend to be losers on many fronts, there is one striking

⁵ *International Journal of Behavioral Science* is an international peer-reviewed open access journal dedicated to psychology and behavior science.

exception: pessimists may fare better in law.... Specifically, the pessimists *outperformed* more optimistic students on traditional measures of achievement, such as grade-point average and law journal success.” *Id.* at 40-41. (Emphasis in the original.) (See Jason M. Satterfield et al., *Law School Performance Predicted by Explanatory Style*, *Behav. Sci. & L.*, vol. 15, no. 1, pp. 95-105 (1997)).

“Pessimism encompasses certain ‘positive’ dimensions; it contains what we call—in less pejorative terms—‘prudence.’... Prudence enables a good lawyer to see snares and catastrophes that might conceivably occur in any given transaction. The ability to anticipate a whole range of problems that non-lawyers do not see is highly adaptive for the practicing lawyer.” *Id.* at 41. “[P]essimism that might be adaptive in the profession also carries the risk of depression and anxiety in the lawyer’s personal life. The challenge is how to remain prudent professionally and yet contain pessimistic tendencies in domains of life outside the office.” *Id.*

f) **Indirect Trauma.** Indirect Trauma may be among our most significant risks. Each of the following types results from one’s indirect exposure to trauma, typically through client communication and extensive review of the documentary evidence of the clients’ traumatic experiences. Legal professionals are not the immediate first responders to the worst things that happen in the world but may spend more time than anyone else with the details and people who experience direct trauma.

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.” Rachel Naomi Remen. *Kitchen Table Wisdom: Stories that Heal*. Penguin, New York. (1996). Unfortunately, as lawyers, we don’t show our weakness, we don’t process our emotions, and we hold them inside until we burnout. Yet studies have shown that simply talking about what one experienced, even and especially secondarily, can reduce the effects of the trauma.

(1) **Vicarious Trauma.** Vicarious Trauma is “[a] transformation of the helper’s inner experience, resulting from empathic engagement with clients’ trauma materials.” Angela Dixon, *When Compassion Hurts: An Introduction to Vicarious Trauma and Resilience*, The Children’s Hospital at Westmead, Westmead, Australia (2019). (quoting Pearlman & Saakvitne, *Transforming the pain: A workbook on vicarious traumatization*, W.W. Norton, New York (1996)). We may all be familiar with the Hollywood trope of the lawyer who has seen it all and has become cynical and more than a little jaundiced about life. Through the lens of vicarious trauma, we come to understand how the lawyer, once young and idealistic, came to be so cynical and bitter due to many years of working with clients who had each suffered one or more significant traumas in their lives. Vicarious Trauma is typically a cumulative effect in one’s life.

“Compassion Fatigue and Vicarious Trauma are much more complicated than just being tired and overworked. They are often caused by a conflict between our deepest values and the work that we are required to do, a phenomenon which is called moral distress.” *Id.*

(2) **Secondary Trauma.** Secondary Trauma “results from professionals being psychologically overwhelmed by their desire to provide assistance and comfort to their observations of trauma and suffering.” *Id.* (quoting Charles R. Figley. *Compassion Fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized.* Brunner/Mazel, New York (1995)). Secondary Trauma typically applies to professionals who witness trauma but do not develop an ongoing empathic relationship with the individual suffering the direct trauma. *Id.* The DSM-V⁶ (2013) categorizes Secondary Trauma as a type of Post-Traumatic Stress Disorder (PTSD). *Id.*

5. **Effects of Chronic Stress.**

a) **Physical Effects.** Include, but are not limited to:

- (1) Throbbing in chest
- (2) Indigestion
- (3) Breathlessness
- (4) Tiredness and fatigue
- (5) Aches and pains
- (6) Frequent infections
- (7) Headaches
- (8) High blood pressure
- (9) Inflammation and inflammatory diseases
- (10) Auto-immune reactions / diseases

b) **Emotional Effects.** Include, but are not limited to:

- (1) Mood swings
- (2) Lack of enthusiasm
- (3) Guilt
- (4) Lack of concentration
- (5) Loss of self-esteem

⁶ The “Diagnostic and Statistical Manual of Mental Disorders” is published by the American Psychiatric Association, and is commonly referred to as the DSM. The fifth edition, the DSM-V, was published in 2013, and replaced the DSM-IV (1994) and the DSM-IV TR (Text Revision, 2000).

- c) **Mental Health Effects.** Include, but are not limited to:
- (1) **Empathy Distress Fatigue** (previously known as Compassion Fatigue). Figley likens Compassion Fatigue to “the ‘cost of caring’ for others in emotional pain.” Angela Dixon, *When Compassion Hurts: An Introduction to Vicarious Trauma and Resilience*, The Children’s Hospital at Westmead, Westmead, Australia (2019). More precisely, it “refers to the profound emotional and physical erosion that takes place when [we] are unable to refuel and regenerate, resulting in changes in our ability to feel empathy and compassion for our clients, [yet] doesn’t include the profound shift in world view that occurs with [vicarious trauma].” *Id.*

As noted supra, “Compassion Fatigue and Vicarious Trauma are much more complicated than just being tired and overworked. They are often caused by a conflict between our deepest values and the work that we are required to do, a phenomenon which is called moral distress.” *Id.*
 - (2) **Burnout.** Burnout refers to the “physical and emotional exhaustion that workers can experience when they have low job satisfaction and feel powerless and overwhelmed at work; [it] does not necessarily mean that [one’s] view of the world has been damaged, or that [one] ha[s] lost the ability to feel compassion for others.” *Id.* Employee disengagement from work is a hallmark of burnout. *Id.*
- d) **Behavioral Effects.** Include, but are not limited to:
- (1) Accident proneness
 - (2) Increased smoking/drinking/drugging
 - (3) Appetite changes
 - (4) Irritability
 - (5) Change in sleeping patterns
 - (6) Change in working patterns
 - (7) Chronic lateness/procrastination
 - (8) Poor hygiene or self-care
 - (9) Clumsiness

6. **Individual Responses to Chronic Stress.**

Individuals respond to chronic stress in many different ways, some of which are healthy for the individual, while other methods are potentially unhealthy. Many try to cope by turning to tobacco, alcohol, caffeine, herbal remedies, legal or illegal drugs, as well as diversions like gambling, internet shopping, games, and porn, or compulsive eating. These

substances and behaviors may mask some of the symptoms of stress and provide temporary relief, but they don't help in the development of effective stress-management techniques. They may harm your physical health, weakening resistance to stress even further, and cause additional stressful complications in life.

- B. Managing a Stressful Situation
- C. Stress-busting activities

V. The use of technology has both positive and negative aspects. The negative aspects of technology use implicate several of the Minnesota Rules of Professional Conduct.

- A. Rule 1.1: Competence
- B. Rule 1.3: Diligence
- C. Rule 1.4: Communication
- D. Rule 1.6: Confidentiality of Information
- E. Rule 5.1: Supervisory

VI. The evaluation of technologies according to an efficiency/effectiveness/entertainment framework provides a useful tool for analyzing the appropriateness of a particular technology in both a firm and one's personal life.

- A. Entertainment
- B. Efficiency
 - 1. Productivity
 - 2. Speed
 - 3. Cost
 - 4. Process-oriented
 - 5. Task-oriented
 - 6. Goal-oriented
 - 7. Multi-tasking is efficiency-oriented.
- C. Effectiveness
 - 1. Doing the next right thing
 - 2. Clients' perception of the value of the service provided
 - 3. Achieving the desired result for the client (or yourself)
 - 4. Goal-oriented
 - 5. Person-oriented, particularly in interpersonal communication

VII. These recommendations for managing one's relationship with technologies may be helpful for individuals in improving not only their effectiveness as lawyers, but also their efficiency and, more importantly, their relationships with clients, colleagues, spouses, and other important people.

- A. Be present to those who are in the room with you.
 - 1. Mehrabian's Communication Theory: 7/38/55
 - 2. No Phubbing!
 - 3. How to be present to other people and why you should master this skill
- B. Minimize interruptions to maximize your flow state.
 - 1. Deactivate notifications and alerts
 - 2. Establish an email schedule
 - a) Limit your email activities to two or three times per day
 - b) Manage expectations! Let everyone know what you're doing.
 - c) Establishing an email schedule takes self-discipline
 - 3. Block out time to work uninterrupted
 - 4. Use the "Do Not Disturb" feature of your smartphone AND your desk phone.
- C. Set meaningful limits
 - 1. If you use social media, limit time to 10 minutes per platform per day. Use a timer!
 - 2. Monitor your use. Remember the management adage, "what gets measured gets done."
 - 3. Setting meaningful limits requires self-discipline
- D. Disconnect
 - 1. Do not charge your phone in your bedroom.
 - 2. Do not allow smartphones or other devices at your dinner table.
 - 3. Consider a two-smartphone system
 - a) Personal smartphone so you can remain available to your family and friends.
 - b) Work smartphone that you can turn off during non-work time.
 - 4. Read physical books, magazines, and newspapers rather than digital versions. Reading physical media engages additional senses and aids in retaining information.
 - 5. Set a timer at work to remind you to get up from your desk, stretch, and move away from the PC screen for a short break.

6. Schedule one night per week that is screen-free with your family.
 7. Don't bring your laptop on vacation with you. Don't bring it to the lake on the weekend either.
- E. Manage your smartphone apps.
1. Delete social media apps from your smartphone
 2. Replace them with wellness, mindfulness, usage, and other health-focused apps.
- F. Focus on supporting your mental health
1. Unfollow the unhealthy
 2. Stop checking to see what is trending in the news
 3. Follow uplifting people and resources
 4. "Take the 7-Day Phone Breakup Challenge and create a relationship with your phone that actually feels good." <http://www.phonebreakup.com>
 5. Learn to vacation like you really mean it!
 6. Schedule self-care time.
 7. Practice gratitude.
 8. Help others.

VIII. Lawyers Concerned for Lawyers supports lawyers, judges, law students, and their families with any problem that is causing them stress or concern. LCL is free, statewide, and **confidential**.

Selected Resources

Lawyers Concerned for Lawyers (Minnesota)

651-646-5590; 877-525-6466 (toll-free) www.mnlcl.org; help@mnlcl.org; www.facebook.com/mnlcl.

Lawyers Concerned for Lawyers is the provider of Minnesota's Lawyers Assistance Program for lawyers, judges, law students, and their immediate family members. We offer free, confidential help with addictions, mental health disorders, chronic stress, and personal and career-related issues. Our services include: 24-hour crisis response; professional clinical assessments and referrals; interventions; short-term counseling; support groups facilitated by licensed counselors; peer mentoring and support; and education.

Sandcreek EAP

612-430-3383; 888-243-5744 (toll-free) www.sandcreekcap.com

LCL's Employee Assistance Program partner hosts a website with articles and resources in many areas. Go to www.sandcreekcap.com and click on "MY LIFE EXPERT" to use or create your account. Use the Company Code "lawyers" when creating your account.

American Bar Association

The American Bar Association Commission on Lawyer Assistance Programs (CoLAP) supports lawyer assistance efforts across the country. This includes conducting and supporting research.

A recent ABA CoLAP and Hazelden Betty Ford joint study provides updated information on substance use, mental health, and help-seeking behaviors. Krill, Patrick, Johnson, Ryan, Albert, Linda, “The Prevalence Of Substance Use and Other Mental Health Concerns Among American Attorneys,” *Journal of Addiction Medicine*: Jan./Feb. 2016.

http://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The_Prevalence_of_Substance_Use_and_Other_Mental.8.aspx.

“The Path to Lawyer Well-Being: Practical Recommendations for Positive Change,” is a follow-up report that offers strategies and guidance for multiple stakeholders on changing the culture of the legal profession.

<https://www.americanbar.org/content/dam/aba/images/abanews/ThePathToLawyerWellBeingReportRevFINAL.pdf>.

A well-being toolkit released in August 2018 provides general guidance as well as a workbook with a wide variety of exercises.

https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/ls_colap_well-being_toolkit_for_lawyers_legal_employers.authcheckdam.pdf

Numerous articles are linked at http://www.americanbar.org/groups/lawyer_assistance.html for lawyer assistance resources and information across the country. National resources are listed at

https://www.americanbar.org/groups/lawyer_assistance/resources/.

American Psychological Association

www.apa.org. Numerous resources on many mental health and wellness topics

Mayo Clinic Stress Management Resources

Stress management articles at <http://www.mayoclinic.com/health/stress-management/MY00435>

Minnesota Supreme Court

The Minnesota Supreme Court hosted a Well-Being Call to Action conference in February 2019.

Materials, including keynote videos, are at <http://www.mncourts.gov/lawyer-well-being.aspx>.

National Institute of Mental Health. <http://www.nimh.nih.gov/health/topics/index.shtml>

Information regarding various mental health issues, including anxiety disorders and depression.

Legal Profession Well-Being Resources

<https://www.lawyersdepressionproject.org/> A group of legal professionals (attorneys, paralegals, law students, and admin) who have suffered from depression, anxiety, bipolar, OCD, eating disorders, trauma, sexual abuse, addiction, and other mental health conditions. The organization hosts a confidential forum and bi-monthly online peer-to-peer group meetings. Anonymity is optional.

www.lawyerswithdepression.com This comprehensive website, founded by a lawyer, offers support and resources.

<https://www.lighthopelife.org/> This suicide prevention non-profit organization was founded by a lawyer. It offers suicide prevention resources, including “warning signs,” “risk factors,” and “what to say.”

<http://theanxiouslawyer.com/> This site is connected to a book by Jeena Cho, which offers a program for reducing anxiety through mindfulness.

Lawyer Anxiety and Ethical Issues

This article discusses the connection between anxiety and ethical choices.

http://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29

[responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29](http://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29)

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