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# Balance

Issue #82

July 2024

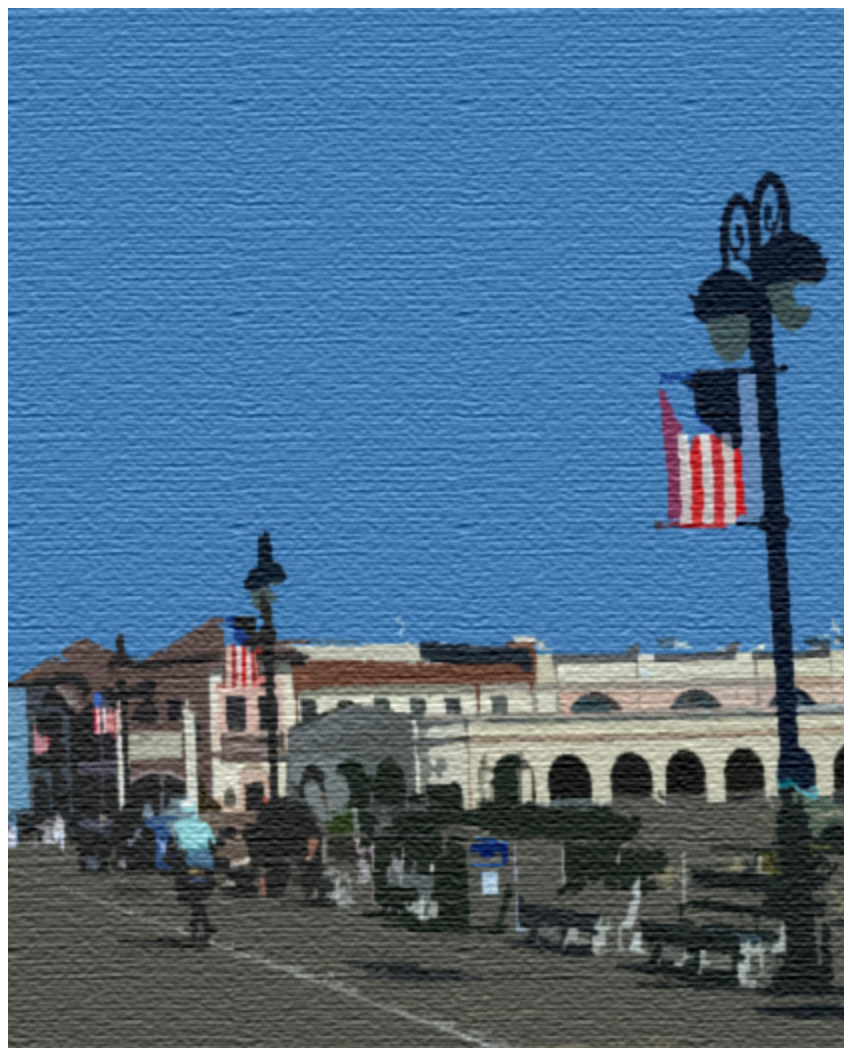
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*Helping lawyers, judges, law students, & law graduates  
create harmony in their lives.*

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*"Balance is a feeling derived from being whole and complete;  
it's a sense of harmony."*

- Joshua Osenga



## Summer Down the Shore

Balance E-Newsletter is issued monthly by the New Jersey Lawyers Assistance Program, the free and confidential resource supporting professional and personal well-being for all New Jersey Lawyers, Judges, Law Students & Law Graduates.

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## This Month in Balance



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### *Notes from Nancy*

July starts the season of "going down the shore," outdoor barbecues, and extra sunshine to boost your mood (don't forget the sunscreen!) Balance would love to hear from you about your well-being habits, especially in the "lazy, hazy, crazy, days of summer!" See below.




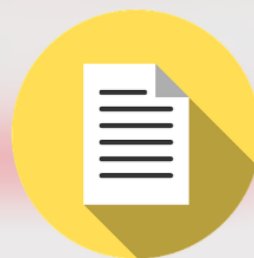
## What Well-Being Habits do You Practice?

*We would love to hear from you for the  
Guest Columnist section of our Balance newsletter.  
Help us spread the word about  
Lawyer Well-Being and NJLAP's well-being support!*

*contact our newsletter editor at [info@njlap.org](mailto:info@njlap.org)*

**Supporting Lawyers, Judges, Law Students & Law Graduates. since 1993.**  
**New Jersey Lawyers Assistance Program • [www.NJLAP.org](http://www.NJLAP.org) • 800-246-2227**







## *Reflections, Notes, Article Links*

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### **Is Psychotherapy for You?**

#### ***Are you:***

Avoiding social interaction or having trouble in relationships; having trouble sleeping; performing worse at school or work; facing addictions or eating disorders; suffering from depression, anxiety, hopelessness, or post-traumatic stress disorder (PTSD); having thoughts of hurting yourself or others

Not everyone needs psychotherapy, but anyone can benefit greatly from psychotherapy. Stress, Depression, Anxiety and Substance Misuse are highly treatable and can be overcome with proper treatment.

Psychotherapy and counseling are “talk therapies,” in contrast to psychiatric treatment, which involves medication. The days of the Freudian couch, for the most part, are a thing of the past. The couch has been moved to the offices of the psychotherapist and counselor. Psychiatrists today are psychopharmacologists and prescribe a myriad of medications when psychotherapy and counseling are not sufficient. The best outcomes according to the medical literature, for some people, are a combination of medication and “talk therapies.”

Psychotherapy and counseling attempt to get at the root causes of an individual's stressors. These may be family of origin issues or past traumatic experiences. Psychiatry and medication address neuro-biology and the imbalance of chemical processes in the brain. A comprehensive evaluation provides the best clues as to where the main problem lies.

Stress, for example, is a situation where coping resources (psychological, social, environmental and physical) are challenged, and coping attempts are not sufficient to contend with overwhelming demands upon the human organism. The individual feels confused, depressed, anxious, and paralyzed in daily functioning.

The famous psychiatrist, Carl Jung, asked the question, “How do you find the lion that has swallowed you?” Where do you look? How do you find your way



out? Think of the see-saw metaphor. On one side you have the resources mentioned above. On the other end of the see-saw you have challenges and assaults on those resources. The body and mind seek equilibrium, or the state of homeostasis and balance. All mind-body processes work in this way. The resulting consequences on psychological health, family and friends, and work related activities cause the person to doubt their confidence, competence, and ability to manage challenges in order to control their daily lives. Without professional help, well-being, life balance and equilibrium cannot be restored. With professional help one can gain insight into personal stressors and triggers. Resilience becomes the goal.

The New Jersey Lawyers Assistance Program for 30 years has assisted lawyers, judges, law students and law graduates with these all-too-common problems. We provide confidential, free screenings for mental health and substance use issues. Our vision is: Never again will a lawyer, judge, law student or law graduate have to say, "There was nowhere to turn." Turn to NJLAP. Call us at 1-800-246 5527

**Ray Ortiz, Esq., NJLAP Senior Attorney Counselor**

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## 5 Ways to Support Your Personal Resilience

People who deal best with times of high stress are often described as having high personal resilience. But resilience can be worn down, leaving us vulnerable to stress-related mental issues and physical issues. So, during difficult times, it is necessary to continue practicing well-being habits and techniques that support resilience.

- **Mindfulness:** Too often our mind is spending time thinking about the past or the future, and not enough time being in the present. During times of high stress, stop, close your eyes, take several deep breaths and focus your attention on where you are, and what you are doing, right this minute.
- **Gratitude:** There are days so difficult, that at night, you may only be grateful the day is over. However, spending a few minutes each day to find at least three things to be grateful about truly helps enhance well-being.

- **Purpose:** A clear sense of your purpose, or mission, in life contributes to both contentment with life and longevity. Even when events or responsibilities keep you from what gives you that sense of purpose, having that clear vision gives you strength to get through tough situations.
- **Laughter:** A social bonding skill that may have existed in humans before language, laughter benefits both the body and the mind. During stressful times, your “laughter reserve” helps your well-being, and the return of laughter signals healing and resilience.
- **Happiness:** The first four habits listed here contribute to your overall well-being, and emphasize the fact that you should not expect that happiness just “happens” to you. Times of joy, love, fulfillment and generosity all raise our happiness levels. Seeking those things, even in times of distress, keeps your resilience strong.

**Noreen Braman, CLWI, NJLAP Communications Manager**



***Reruns of Balance • Yesterday & Yesteryear***

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***Recovery Corner was a column submitted each newsletter by an attendee from Lawyers  
Concerned for Lawyers, to support and encourage.***

*We'd like to continue this practice.*

*If you are interested in writing a Recovery Corner article,  
please email [info@njl原因ap.org](mailto:info@njl原因ap.org)*

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**Recovery Corner**  
**Words of Encouragement and Thought Provocation**  
**for our Colleagues and Friends in Recovery**

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**Dealing with Challenges, A Definition of Success**

In her book *Comfortable with Uncertainty*, American born Buddhist nun Pema Chodron presents three commitments for dealing with painful emotions, fear, addiction and life's other challenges.

The Commitments are:

**Never cause harm to ourselves or others**

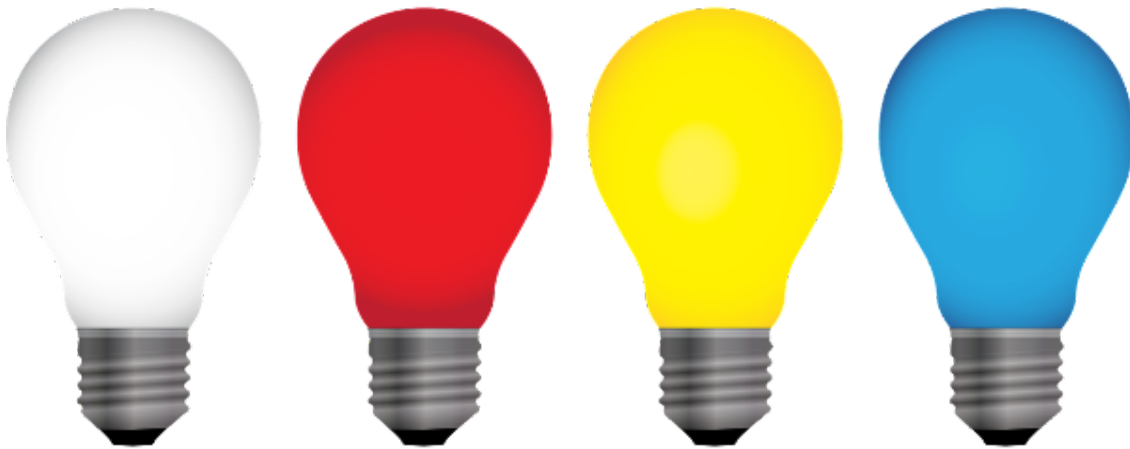
**Help others when we can**

**Acceptance**

In his poem Success, Ralph Waldo Emerson considers living a successful life.

**What is Success?**

*To laugh often and much;  
To win the respect of intelligent people and the affection of children;  
To earn the appreciation of honest critics and endure the betrayal of false friends;  
To appreciate beauty;  
To find the best in others;  
To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;  
To know even one life has breathed easier because you have lived;  
This is to have succeeded.*



*What's Going On?*

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**Visit Our "Let's Talk About" Page**

NJLAP's "Let's Talk About..." page is an informational series that takes a look at one well-being concern at a time. Along with pertinent information, **we provide access to a secure screening questionnaire and the option to contact us if you have questions or concerns about your private screening results.** NJLAP has no access to who takes the screening, and does not see anyone's results.

The self tests are confidential to you, but we are here to discuss your results or any other questions you may have about your well-being. 800-246-5527 [info@njlap.org](mailto:info@njlap.org)

[Let's Talk About Website](#)



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## Upcoming NJLAP Presentations, Conferences, Events

As events slow down for summer, now is the perfect time to chat with us about presentations for you law firm, bar association, or lawyer-related gatherings. Email us at [info@njl原因ap.org](mailto:info@njl原因ap.org)

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### Ask NJLAP

Next month we are introducing a new feature, "Ask NJLAP." If you have a question about NJLAP, Lawyer Well-Being, NJLAP Services, Confidentiality, etc. Use the link below to send your questions to: [info@njl原因ap.org](mailto:info@njl原因ap.org) Names of those who submit questions will be kept confidential.







## *Law Student Corner*

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# Welcome New Jersey Law Students

The New Jersey Lawyers Assistance Program  
is here to support **YOU!**

*Subscribe to BALANCE - our monthly e-newsletter*



*Download a clickable PDF with loads of great info and resources*

*Join our Law Student Support group*



**800-246-5527 • Free & Confidential**

## **NJLAP invites you to tell us about your law school journey**

It can range from short comments, tips and tricks, ongoing journal entries as you travel through law school, and humor is especially welcome. (See the reframing article also in this issue)

Please [Use this link to contact us](#). We respect your privacy and your writings will be identified by your law school name, and choice of full name or your just your first name – or even simply “A New Jersey Law Student.”

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**Law School Associations - We Want to Hear From You!**

Are you a part of a special affinity association at a New Jersey Law School? NJLAP would love to hear from you. Promote your association here, and help us get the word out about NJLAP to your membership. It is a win-win! [Use this link to contact us](#), and don't forget to mention what law school you are from, and the name of your group!

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*Guest Columnist*

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## **Guest Columnists Wanted!**

NJLAP is always looking for stories from NJ Lawyers and Judges. Career advice, or personal well being stories. If you are interested in telling your lawyer story, [please contact us here](#).

***We look forward to hearing from you!***



### ***In Focus this Month***

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**July contains some summer fun observances, as well as recognition of serious social issues as well as mental and physical health issues, including:**

**[National Minority Mental Health Awareness Month](#) and [Social Wellness Month](#),**

**Your well-being is our concern. Our services are free and confidential.**

**You can reach us at 800-246-5527 or email us at [info@njlap.org](mailto:info@njlap.org)**

**If you are experiencing a mental or physical health emergency, call 9-1-1.**

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#### **OTHER IMPORTANT AND FUN OBSERVANCES**

##### **YOU MAY BE INTERESTED IN DURING JULY**

- Cell Phone Courtesy Month
- National Anti-Boredom Month
- National Grilling Month
- National Parks and Recreation Month
- National Picnic Month
- Family Golf Month
- National Family Reunion Month
- National Make a Difference to Children Month
- National Minority Mental Health Awareness Month\*
- International Alopecia Month for Women
- National Vacation Rental Month
- Sarcoma Awareness Month
- Social Wellness Month\*
- Women's Motorcycle Month
- Worldwide Bereaved Parents Awareness Month
- Juvenile Arthritis Awareness Month
- National Cleft and Craniofacial Awareness and Prevention Month



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