

Chasing Happiness and Outrunning Burnout: The State of Play in Attorney Mental Health for Well-Being Week in Law



ORIGINAL PROGRAM DATE

May 7, 2025

AVAILABLE MEDIA TYPES

Video & Audio MP3

REPORTING YOUR CREDIT

This on-demand seminar was originally presented as a live webcast on May 7, 2025, in Seattle, WA. If you attended the live webcast and reported CLE credits, you cannot also report credits from watching or listening to this recording if repeated within your three year reporting period.

DESCRIPTION

This on-demand program begins with an overview of the Well-Being Taskforce and disseminates findings from our recent, state of the art membership survey. We also provide a summary of Member Wellness Program resources available to all members before diving into a session addressing burnout.

AGENDA

1 The State of Play in Attorney Mental Health: Results of our Member Survey

We discuss the myriad domains of attorney struggles being examined by the Well-Being Taskforce. In addition, we disseminate findings from our recent, state of the art membership survey. We also summarize Member Wellness Program resources available to all members.

Dan Crystal - Washington State Bar Association, Seattle, WA

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2 Chasing Happiness and Outrunning Burnout

Burnout is something that attorneys flirt with continually these days. Increasing demands on their time, society's diminished view of the profession, a societal decline in politeness, and the pressure to get more done in less time, have all contributed to attorney burnout. This class will begin with a discussion of happiness and how important it is to separate unrealized happiness from burnout. In this manner, we can solve for the right problem, whether it is unrealized happiness or burnout. We will then discuss the six common causes of burnout for attorneys and offer solutions to address each of them. There will also be a discussion on the burnout causation differences between a newer attorney and an experienced professional. Once we have sorted out the mechanics of identifying and addressing burnout, we will then turn to a conversation about happiness. Many of us have a definition of happiness shaped by social media and current popular culture that is separated from our daily reality. It is often artificially sweet and something that only shows up during special occasions. It doesn't have to be this way. We will discuss ways to bring our own version of happiness to our daily reality so that we may live a more fulfilled life.

David Graf - Life Raft Coaching, LLC, Colorado