LexVid Services, Inc., Presents:

Stress & Substance Abuse in the Legal Profession

Total: **57 Minutes**

Speaker: Richard Carlton

Practicing law is considered a high risk profession when it comes to substance abuse and depression. Roughly 1 in 4 experience these types of problems throughout their career. In this program, the former Director of the California State Bar Lawyer Assistant Program, Richard Carlton, examines the problem and offers valuable tools to combat these issues in your life.

Among the topics discussed, Mr. Carlton will look at why lawyers are prone to substance abuse and depression, examine the effects of law school and legal practice experience on one's personality, talk about the psychology physiology of stress, and discuss improved mental health through mindfulness, meditation, and time management.

- The legal profession and mental health (6 min.)
- Contributions to the disease of addiction (10 min.)
- Psychology and physiology of stress (12 min.)
- Mindfulness & meditation to combat negative thoughts (14 min.)
- Time shifting (10 min)
- Resources for lawyers (5 min.)

Total: 57 minutes

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