

SHACKLED TO OUR SCREENS: HOW TECHNOLOGY HAS IMPRISONED THE LEGAL PROFESSION

PRESENTED BY
LAURIE J. BESDEN, ESQUIRE
LAURIE@LCLPA.ORG
EXECUTIVE DIRECTOR
LAWYERS CONCERNED FOR LAWYERS OF PENNSYLVANIA

LAWYERS CONCERNED FOR LAWYERS
PENNSYLVANIA

Confidential Helpline 1-888-999-1941

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OVERDOSE STATISTICS IN THE UNITED STATES (GEN. POP.)

2020 – 93,000 (+ 28%) = 250/day 11/hour

2019 - 72,000

2018 - 67,367

1988 – 9,000 (crack epidemic)

1970 – 7,200 (heroin epidemic)

https://www.statnews.com/2021/07/14/us-overdose-deaths-record-2020-pandemic/

LCL/JCJ TRENDS

2017 - 483 40% MH * record breaking year

2018 – 600 43% MH * record breaking year

2019 – 644 58% MH * record breaking year

2020 – 504 69% MH

2021 – 674 77% MH * record breaking year

https://www.lclpa.org/about/

LCL/JCJ PRESENTING CONCERNS IN 2021….

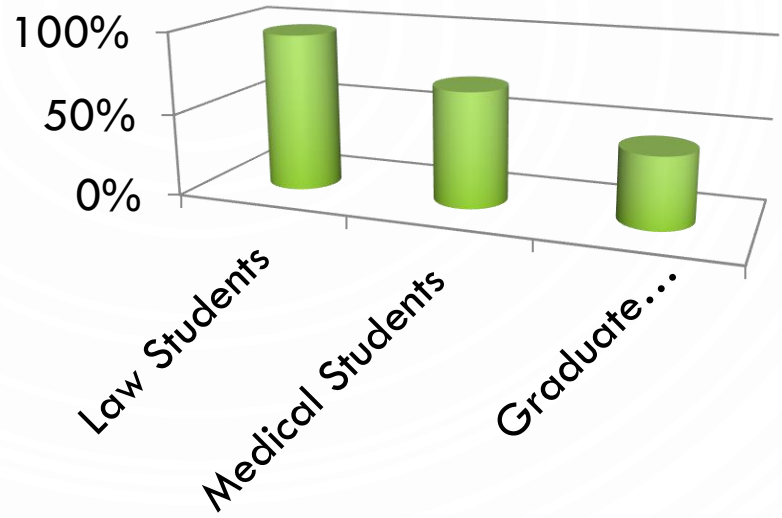
1. Stress	23%
2. Alcohol	20%
3. Depression	18%
4. Anxiety	14%
5. All Drug Misuse	5%

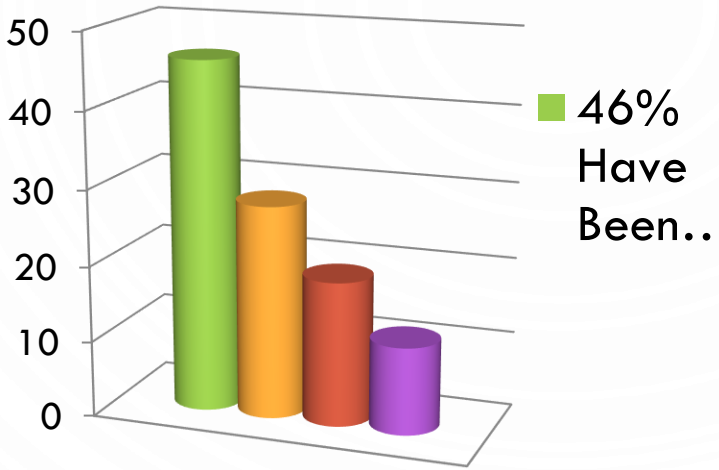


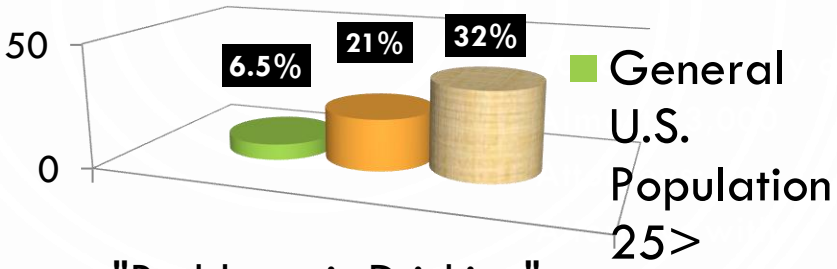
MAJOR PROBLEMS FOR ATTORNEYS:

- Stress / Anxiety
- Depression
- Burnout / Secondary Trauma
- Alcohol / Substance Use
- Cognitive Impairment
- Suicide
- Gambling and other process addictions

HOW GRADUATE STUDENTS RANK FOR ANXIETY




50
40
30
20
10
0
46% Have Been..



"Problematic Drinking" = hazardous, possible dependence

QUARANTINE IMPACT ON MENTAL HEALTH

- In a study of 129 participants during quarantine, 28.9% had symptoms of PTSD and 31% had symptoms of depression.
- 24 studies documented that quarantined people developed symptoms of low mood, anxiety, and depressive disorders.
- 1/3 of Americans reported Coronavirus has had a serious impact on their mental well-being.
- 60% feel the virus has seriously hurt their daily lives

THE VIRTUAL WORLD

"Workers today are 'never turned off." Like our mobile phones, we only go on standby at the end of the day as we crawl into bed, exhausted. Technology was supposed to liberate us from much daily slog…in 2002 fewer than 10% checked work email outside of work, today it is 50% often before we get out of bed…"



www.theguardian.com/lifeandstyle2018/jan/15



LAWYERS AND TRAUMA

trau·ma

ˈtroumə,ˈtrômə/

noun

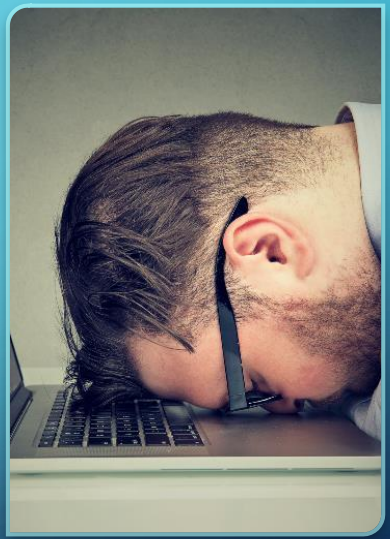
noun: **trauma**; plural noun: **traumata**; plural noun: **traumas**

1.

A deeply distressing or disturbing experience. An emotional upset.

THE NEGATIVE IMPACTS OF TECHNOLOGY ON LAW STUDENTS AND LAWYERS

- Inundates them with information that causes anxiety
- Reminds them of tasks not performed and needs not yet met
- Distracts them from making progress on important work
- Impacts their self-concept, self-esteem, and expectations negatively



THE NEGATIVE IMPACTS OF TECHNOLOGY ON LAW STUDENTS AND LAWYERS (CONTINUED)

- Wastes their time so that self-care time and sleep time is impacted
- Results in an addictive cycle of stimulation (dopamine) and hard to quit dependencies
- Prevents healthy social interaction/substitutes for actual social interaction
- Prevents focus and concentration on work/cases/clients



TELEVISION

- Americans between 25 and 34 watch 26.5 hours per week of television, those 35-49 watch 36.5 hours per week (Koblin, 2016).
- Americans are watching more than 7 hours, 50 minutes per day of television per household (Madrigal, 2018).

MOST BUSINESSES USE THEIR OWN PRODUCTS TO PROMOTE CONFIDENCE & LOYALTY UNLESS THEY KNOW SOMETHING WE DON'T….



- **IPAD**: 2010 Steve Jobs "*What this device does is extraordinary.. It's the best browsing experience you've ever had; way better than a laptop, way better than a smartphone….It's an INCREDIBLE experience…*"
- NYT's Nick Bilton, interviewed Steve Jobs in 2014 and said "*Your kids must LOVE the IPAD.*"
- Steve Jobs' reply "*They haven't used it. We limit how much technology our kids use at home.*"

NYT, Bilton, September 10, 2014, "Steve Jobs Was A Low-Tech Parent"



INTERNET USE

- A recent study showed that people are averaging 24 hours per week on the internet (Hymas, 2018).
- Facebook accounts for 22% of the internet time by the average American internet user (68% of Americans have a Facebook account).
- 52% of US adults get their news on social media.

2021'S JAW DROPPING SMARTPHONE STATISTICS

- The average smartphone owner **unlocks their phone 150 times a day**.
- Using smartphones for longer intervals of time **changes brain chemistry**.
- **66% of the world's population** shows signs of nomophobia (fear of not having their cell phone)
- **71% usually sleep** with or next to their mobile phone.
- Smartphone use and depression are **correlated**.
- **20% of people would rather go without shoes for a week than take a break from their phone**

https://techjury.net/blog/smartphone-addiction-statistics/

2021'S JAW DROPPING SMARTPHONE STATISTICS (CONTINUED)

- 57% of smartphone users in the US have increased their smartphone screen time since the COVID-19 lockdown.
- Users spend on average 3 hours and 54 minutes a day on their smartphones of which 2 hours and 24 minutes is on social media (versus 45 minutes of quality family time a day). If you include tablets, the number skyrockets to 4 hours and 33 minutes a DAY.
- 58% of smartphone users don't go for 1 hour without checking their phones.
- The average user touches their phone 2617 times a day (10% of users are qualified as "heavy users" – they touch their phone [swipe, tap] 5427 times a day!)
- 40% check their phones in the middle of the night.

https://techjury.net/blog/smartphone-addiction-statistic

MORE 2021'S JAW DROPPING SMARTPHONE STATISTICS

- 80% of smartphone users check their phone w/in 1 hour of waking or going to sleep (35% check their phones within 5 minutes of waking up).
- An average adult smartphone user checks his phone every 12 minutes from when they are awake till when they sleep.
- 85% of smartphone users will check their devices while speaking with friends and family.
- We spend on average 144 minutes per day on social media (versus 60 minutes in 2012) which amounts to an average of 5 years and four months of our lifetimes on social media.
- "Being constantly interrupted by alerts and notifications may be contributing towards a problematic deficit of attention."
- A study observed people experiencing changes in heart rate and blood pressure (dopamine/withdraw).
- 63% of consumers try to limit their phone usage (only 30% are successful).

https://techjury.net/blog/smartphone-addiction-statistic

2021'S JAW DROPPING SMARTPHONE STATISTICS (CONTINUED)

- 45% of people in the United States will rather give up sex for one year than give up their phones.
- 75% of Americans use their mobile phones while on the toilet (19% of them have dropped their phone in the toilet). 12% of American adults use their phones IN the SHOWER.
- 66% of American adults are addicted to their mobile phones.
- 75% of users admit that they have texted at least once while driving. Cell phone addiction studies show smartphone use is more dangerous on the road than alcohol use. 26% of accidents involving cars are caused by cell phone use while driving (https://www.slicktext.com/blog/2019/10/smartphone-addiction-statistics/)

https://techjury.net/blog/smartphone-addiction-statistics/



EMAIL

- On average, professionals have more than 200 emails in their inbox and receive 120 new ones each day (Plummer, 2019).
- On average, professionals spend 28% of their day reading and responding to emails (approximately 2.6 hours/day) (Plummer, 2019).

"TEXT ME LATER...."

- On average, each American sends and receives 94 text messages per day (658/week; 2,819/month)
- Apple handles about 40 billion iMessage notifications per day worldwide. Apple handles about 200,000 text messages per second.
- The number of texts sent each day in American has grown by 10,772% since 2005. It's the same growth rate for texts sent each week, month, and year.
- American spend, on average, 55 minutes a day texting.
- Messaging is the #1 reported use of smartphones (79% of use).
- Text messaging is 3-8X more preferred than face-to-face communication across all generations.

https://www.textrequest.com/blog/texting-statistics-answer-questions/



- In 2018, Facebook users averaged 24 minutes per day (Clearvoice.com, 2018).
  - A clear link between Facebook use and depression involving social comparison and envy or disappointment in one's status (Cheever, 2014).
  - Unfriending on Facebook was associated with strong negative emotional responses (Bevan, Pfyle, & Barclay, 2012).
  - Increased loneliness was shown among more intense Facebook users (Lou, Yan, Nickerson, & McMorris, 2012).
- Instagram users average 15 minutes per visit (Bagadiyat, 2019)
- Twitter users average 2.7 minutes per user per day (Bagadiyat, 2019)
- Pinterest users average 14.2 minutes per visit (Bagadiyat, 2019)
- LinkedIn users average 17 minutes per user per day (Bagadiyat, 2019)





WEEKLY SCREEN TIME

- 26.5-36.5 Hours on Television
- 19.6-28 Hours on Smartphone
- 25+ Hours on a PC in the Office

WEEKLY: 71-89.5+ Hours per Week Staring at Screens (FYI: 168 hours in a WEEK)

DAILY: 10-13+ Hours per Day Staring at Screens

WARNING SIGNS OF DIGITAL DEVICE ADDICTION

HTTPS://WWW.WIKIHOW.COM/KNOW-IF-YOU%27RE-ADDICTED-TO-YOUR-SMART-PHONE

- ❑ Have I been pulled over for texting and driving?
- ❑ Do I use red lights to answer social media posts?
- ❑ Is my smart phone always in my hand or close by?
- ❑ Does my battery last through the day?
- ❑ Does the smart phone join me in the bathroom?
- ❑ Do I use my smart phone in social situations, such as dinners with colleagues?
- ❑ Is my smartphone use causing considerable problems in my life such as legal issues or isolation from loved ones?
- ❑ Does it take me much longer to complete tasks now because I'm checking my cell phone repeatedly?
- ❑ Have I found it difficult to make conversation with people face-to-face?

MARGATE CITY NJ AUTOMATED TRAFFIC SYSTEM 03/12/19
TFF20161 GENERAL INQUIRY 10:44
COURT: 0116 MARGATE CITY TICKET NO: Q 081996 STATUS: DISP
VIOLATION: 39:3-29A FAIL POSS DRIV LIC
VIOLATION DATE: 09/01/2018 65 MPH: N CONST ZONE: N PERS INJ: N CRT AP REQ: N
ISSUED DATE: 09/01/2018 ISSUED BY: 01160282 TIME: 03:10 P PAYABLE: Y SAF COR: N
MUN OF OFFENSE: 0116

DEFT NAME: LAURIE BESDEN [redacted] PA
[redacted] SEX F EYE 2 RC:
PHONE:
PLATE: [redacted] COMM LIC: N
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	*** ASSESSED ***	*** PAID ***
FINE:	131.00	131.00
COST:	24.00	24.00
MISC:	25.00	25.00
TOTAL:	180.00	180.00

*** COURT INFORMATION ***
DATE: 09/24/2018 01:00 P PLEA: 1
*** DEFENDANT FOLLOW-UP ***
FTA: WARRANT:
PSUS: 00/00/0000 RECALL:
R/DSUS: BAIL SET:
BAIL POSTED: BAIL STATUS:

PRINTER ID: F17: PRINT

DISPOSITION: FINDING: DATE: SENT 1: 2:
CASE NOTES:
F1: MORE DATA F2: DISP F3: BAIL F4: INV PERS F5: EVENTS F6: TPAY
F7: PYMTS F8: WARRANT F9: NOTES F10: SAVED LIST F13: D/L F14: PLATE

SYMPTOMS OF DIGITAL DEVICE DEPENDENCE

Feeling false vibrations from the phone	Increased stress throughout your body	Insomnia
Anxiety, especially from waiting for messages or alerts	Depression/ Aggression	Diminished ability to think or be creative
Fear of missing out on something	Eye strain	Blurred vision
Neck pain/Headaches/Fatigue	Pain or mobility problems in your wrist or forearm	



Restlessness



Anger



Irritability



Difficulty concentrating



Sleeping problems



Craving access to your smartphone



Increased heart rate

SIGNS OF WITHDRAWAL FROM DIGITAL DEVICE DEPENDENCE



WE (NORMALLY) DON'T TRY TO CONTROL THINGS UNLESS WE STRUGGLE WITH THEM…

- Alcohol
- Drugs
- Sex
- Exercise
- Relationships
- → INTENTIONALLY putting our phones in different rooms to give ourselves 'screen breaks' as we can't trust ourselves if our phones are in front of us
- **Have you ever tried to limit your consumption of apples in a day? Have you ever taken ½ of a Tylenol……**



FIVE STRATEGIES FOR IMPROVING YOUR WELL-BEING AND ESTABLISHING BETTER BOUNDARIES

MELISSA G. HUNT, RACHEL MARX, COURTNEY LIPSON AND JORDYN YOUNG, NO MORE FOMO: LIMITING SOCIAL MEDIA DECREASES LONELINESS AND DEPRESSION, JOURNAL OF SOCIAL AND CLINICAL PSYCHOLOGY, VOL. 37, ISSUE 10 (DECEMBER 2018).

1. BOUNDARIES: SET LIMITS



- Check email x times per day at designated times (and let clients and colleagues know/expect that).
- Use "away message" when on vacation or traveling for work.
- Limit Social Media to 10 minutes per platform per day, Use a timer (Hunt et. al, 2018).
- Monitor your use (use monitoring apps, check Screen Time on iPhone (VERY SCARY), etc.).
- Use Do Not Disturb/FOCUS (especially when DRIVING).

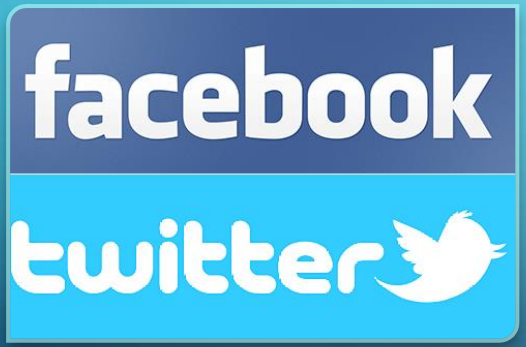
Melissa G. Hunt, Rachel Marx, Courtney Lipson and Jordyn Young, No More FOMO: Limiting Social Media Decreases Loneliness and Depression, Journal of Social and Clinical Psychology, Vol. 37, Issue 10 (December 2018).



2. DISCONNECT

- Turn off notifications.
- Do not charge your phone beside bed.
- Do not keep phone with you during meals, exercise, or social activities.
- Read a book or magazine rather than your phone or tablet.
- Get away from your PC to do some work, take healthy breaks from the screen, and don't take the laptop with you on weekends or vacations.

3. MANAGE THE APPS.



- **Delete Facebook, Twitter, Instagram from your phone.**
- **Install wellness, mindfulness, usage, and other healthy apps.**

HOW ENRICHING ARE THE APPS WE ARE USING?

(MOMENTAPP, HOLESH)



HAPPY

- Relaxation
- Exercise
- Weather
- Reading
- Education
- Health
- **9 min/day/app**



UNHAPPY

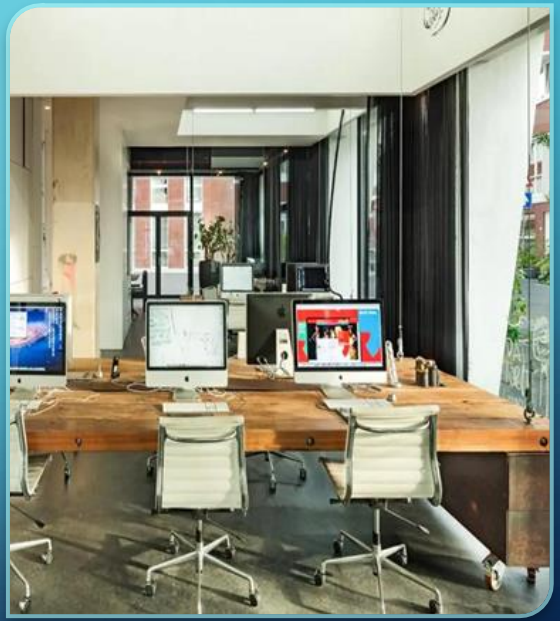
- Web Browsing
- News
- Entertainment
- Gaming
- Social Networking
- Dating
- **27 min/day/app**

THE APPS THAT MAKE US UNHAPPY LACK STOPPING CUES……

(TEDTALK, ADAM ALTER, 2017)

We can follow stopping cues from Heldergroen (a Dutch design firm)…

At 6 pm daily, the desks rise to the ceiling and 4 days of the week, the office turns into a Yoga Studio!





4. UNFOLLOW THE UNHEALTHY.

- Unfollow friends on Facebook that are hateful, hurtful, or distressing.
- Compare YOU to YOU!
- Stop checking what is trending in the news: it's mostly bad.
- Follow uplifting people and resources, we are what we read. The most important voice you will ever hear is YOUR OWN.



4.1 SOCIAL COMPARISONS ARE DANGEROUS!

What is a reasonable social comparison?

When someone asks you if you think you are active, who do you think of?

When someone asks if you are happy, who do you think of?

We have unrealistic comparisons.

THE SCIENCE OF WELL-BEING COURSE

Our intuitions about our happiness are WRONG!



- ✓ *Free 10-week course through Yale University ($49 if you want a certificate) by Dr. Laurie Santos*
- ✓ *Rewiring activities last four weeks to increase your well-being and happiness*
- ✓ *Measures happiness/well-being before and after*
- ✓ *Over 1.5 million have taken the course originally offered at Yale in March 2018*
- ✓ *HAPPINESS LAB Podcast (free)*

Source: "The Science of Well-Being; Yale University; Professor Laurie Santos" https://www.coursera.org/learn/the-science-of-well-being/home/and THE HAPPINESS LAB Podcast by Dr. Laurie Santos

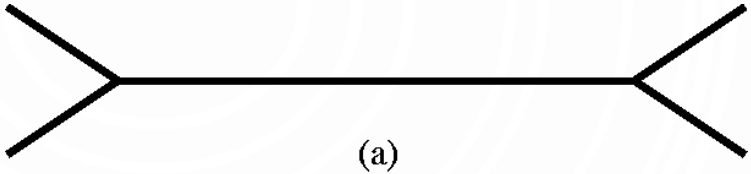


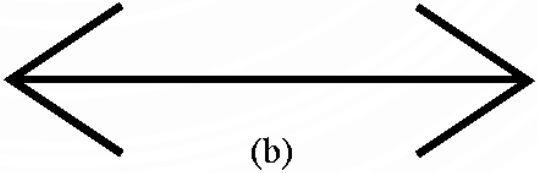
4.2 IMPACT BIAS

We are terrible at predicting impact because:

- focalism/hyper focus
- immune neglect – we are more resilient than we think

THINGS ARE NOT ALWAYS WHAT THEY APPEAR TO BE…





Source: "The Science of Well-Being; Yale University; Professor Laurie Santos" https://www.coursera.org/learn/the-science-of-well-being/home/and THE HAPPINESS LAB Podcast by Dr. Laurie Santos

THE OLYMPICS:
GOLD, SILVER, AND BRONZE

2012 MCKAYLA MARONEY
(**SILVER** RECIPIENT)



2018 JOCELYNE LAROCQUE
REFUSES TO WEAR **SILVER** MEDAL



Source: "The Science of Well-Being; Yale University; Professor Laurie Santos"
https://www.coursera.org/learn/the-science-of-well-being/home/and THE HAPPINESS LAB Podcast by Dr. Laurie

FACIAL ACTION CODING SYSTEM

(2004 ATHENS OLYMPICS)

- Facial action coding system determines happiness versus agony.
- *Reference points:* People react to assignment we attach to accomplishments.

- **Silver Medal Winners: 4.8/10**
  - Most miserable
  - See achievement as "failure"
  - Sadness, anger, negative emotions
- **Bronze Medal Winners: 7.1/10**
  - Relieved & grateful to have received a medal

Source: "The Science of Well-Being; Yale University; Professor Laurie Santos"
https://www.coursera.org/learn/the-science-of-well-being/home/and THE HAPPINESS LAB Podcast by Dr. Laurie

4.3 INTENTIONALLY OVERCOMING BIASES: RESET YOUR REFERENCE POINT

WWW.LCLPA.ORG

Re-experience	Observe	Avoid	Interrupt	Increase
concretely re-experience (think about prior job or bad experience before you "got the good thing")	concretely observe (simulate or observe others i.e., addiction/ grass is not always greener)	avoid social comparison (social media vs GRATITUDE)	interrupt your consumption (pause and come back later) (studies show we appreciate shows more with commercials due to anticipation; STOP; gratitude)	increase your variety (ice cream – change flavors)

Source: "The Science of Well-Being; Yale University; Professor Laurie Santos"
https://www.coursera.org/learn/the-science-of-well-being/home/and THE HAPPINESS LAB Podcast by Dr. Laurie Santos



4.4 INTENTIONALLY OVERCOMING BIASES: RE-THINKING AWESOME THINGS

- ✓ Experiences make us much happier due to hedonic adaptation.
- ✓ Materialists have more MHD and a decrease in happiness.
- ✓ We plan for experiences, look forward to them, enjoy them, relive them, and share them with others. Others enjoy hearing about your experience versus material purchases.
- ✓ Hedonic adaptation- we get accustomed to 'things' and those 'things' have much less of an impact after initial jolt of happiness.

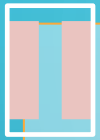
Source: "The Science of Well-Being; Yale University; Professor Laurie Santos" https://www.coursera.org/learn/the-science-of-well-being/home/and THE HAPPINESS LAB Podcast by Dr. Laurie Santos



5. SCHEDULE SELF-CARE TIME.

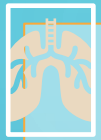
- 4% of your life is 1 hour per day, make that the minimum for self-care.
- Use your calendar and other technology to remind you to unplug.
- By scheduling events that are away from screens, it can free you from technology.

UTILIZE QUICK STRESS-BUSTERS



Pause

Pause. Lean back, literally. Give your eyes a rest for a couple minutes.



Take

Take three deep breaths and imagine your muscles relaxing from head to toe.



Be

Be mindful. Focus on the immediate present. Enjoy the moment.



Stretch

Stretch. Walk around your office or go outside.



Turn

Turn your cell phone off (YES - OFF) and go outside for 5 minutes and notice that GRASS is really GREEN!



Maintain

Maintain a sense of humor about yourself (and others).



Vary

Vary your routine (work/exercise). Don't get trapped in a rut.



Prioritize

Prioritize at work and home and manage your time effectively. NOT to-do Lists.



ASK

ASK FOR/ ACCEPT SUPPORT/ HELP. Talk it out with someone you trust.



Do

Do a five-minute guided or breathing meditation (Insight Timer/CALM/Peloton).

CONSISTENT stress reduction occurs with 10 minutes of meditation.

https://www.meditationlifeskills.com/guided-meditation-for-stress-and-anxiety/



MORE QUICK STRESS-BUSTERS

- Unplug from social media when acutely stressed.
- Exercise. Movement is medicine. 3/7 LCL employees have Tread Desks.
- Connect with nature.
- Eat a healthy diet (mindfully).
- Cultivate a positive attitude/gratitude list/handwrite a note to a friend. 25% increase in happiness level short list/10 weeks. https://judicialstudies.duke.edu/wp-content/uploads/2018/01/JUDICATURE101.4-buchanan.pdf
- Sleep 7/8 hours/night when possible.
- Avoid overuse of alcohol or prescription drugs. These short term "fixes" mask the problem and can lead to negative health and social consequences.

GRATITUDE
=
↑ ENERGETIC
↓ DEPRESSED
↓ ANXIOUS
↓ ENVIOUS

1. **Journal:** ***1X a week, 6 weeks, write down 3+ things you are grateful for = ↑ happiness*** **(can download an app that will remind you)**
2. **Appreciative Art: engage in art to express gratitude (paint, collage, clay)**
3. **Gratitude Photo Collage: sharing joy pictures depicting things that make us grateful increases enjoyment of them**
4. **Gratitude Letter: write a letter and share it with them** ***(in person or in mail)(postal carrier, bus drivers). 15 min/1X a week/ 8 week period = ↑ happiness***
5. **Gratitude Jar: invite co-workers to drop notes of gratitude in a jar that are read out loud 1x a week**

The Harvard Law Record

HLRECORD.ORG | INDEPENDENT AT HARVARD LAW SCHOOL SINCE 1946 | THURSDAY, FEBRUARY 14, 2019

Happy Valentine's Day, HLS!

A 10-Day Phone Challenge for 3Ls

Maybe you can't imagine yourself without your phone. But what if you could?

By Alex Glancy '19



Maybe don't go this far, though. • Wikimedia Commons

Excessive use of cell phones, largely due to social media and addictive news alerts, makes it harder to think critically, to practice self-care, and to be creative. My plea to my fellow graduates this semester is this: quit refreshing your phone and start refreshing yourself.

This semester before graduation is a great time to experiment with what exactly these blinking devices mean to you. Did you know that pulling down to refresh a feed has the same addictive effect as playing a slot machine?[1] You already have an instinctive sense of the impact your phone has on your life. After graduation, we will be on call for work nearly 24/7. Now is the time to better your relationship with your phone.

Here are 10 suggestions to get you started:

Day 1) Take time to reset your phone so that it works for you. Cell phones are a tool that should work for you, not distract you. I recommend setting aside an hour or two to go through all of the settings of your phone, pausing to think about how each fits your needs. Reconsider the notifications settings for each of your apps, and rearrange your home screen to minimize clutter. For example, you could move the apps that often have red bubbles to the second page, so that they are less alarming when you first open your phone. *Bonus Tip: To reduce distractions while working, a general guide is "out of sight, out of mind." Try placing your phone in a different room or in a drawer for stretches of time.*

> The best thing we can do for ourselves is take notice of things occurring right in front of our noses.

Day 2) Try taking a walk or running an errand without your phone. Usually before leaving the house we think: "Phone, wallet, keys." Can you leave your phone at home? If the thought of this makes you panic, consider this: if something happens to you, you probably will not be able to save yourself with your phone single-handedly. Rather, neighbors and passersby will need to notice you and step in. The best thing we can do for ourselves and for our neighbors is to look up and take notice of things occurring right in front of our noses. You can give friends notice that you will be phone-free for the next hour or so. *Bonus Tip: Go on a walk with a friend, and have only one of you bring their phone.*

Day 3) Buy a watch. And an alarm clock. Many times people take out their phones to check the time, only to fall into a rabbit hole of phone notifications. A quick look

Glancy continued on page 4

THE HARVARD LAW RECORD ARTICLE CONTINUED....



Glancy

Continued from page 1

at your wrist can save you cumulative hours in your week. And do you really want to spend the first precious moments of your morning looking at the same apps you will be checking all day long? Buying a freestanding alarm clock will free up some brain space.

Day 4) Try reading an in-print newspaper or magazine. Your eyes may travel to a place your clicker won't. Well-roundedness is good for the mind and citizen. You can pick up the day's New York Times for $3.00 and the Boston Globe for $2.50. The Harvard Law School Library has print magazines for browsing in the Microfilm room on the second floor. Bonus Tip: Read a magazine that you would not normally choose. We already live in a news bubble too?

Day 5) Reduce the brightness on your devices. If you're lucky enough to have vision, your eyes will need to last a while, and as a lawyer, you will use them for long hours at a time. It is important to take care of them for the long-haul. Particularly after starting practice, it is good to reduce screen time at home after looking at a monitor all day. Reading print publications is another way to take a break. You can also buy computer glasses that screen out harmful light. *Bonus Tip: Consider treating yourself to a newspaper or magazine subscription once you start working so that you can give your eyes a rest.*

> Frequent changing of Internet passwords is one of the best things you can do to protect your identity online.

Day 6) Take a day off from social media. Think about the purposes that Facebook, Twitter, Instagram, and other apps serve for you. You may write a list of the pros and cons for each app. I have heard from friends that they truly enjoy Instagram because it is entertaining, whereas Facebook stresses them out. I have friends who are incredible advocates online, and I understand why they keep their Facebook accounts. *Bonus Tip: After your day off, go on an "unfollowing spree" to weed out content that no longer interests you.*

Day 7) Take time to change the passwords you've been meaning to change. Frequent changing of Internet passwords is one of the best things you can do to protect your identity online. Change your email, bank, and social media passwords, along with any other important accounts. *Bonus Tip: Digital privacy is also an emerging challenge for our generation. There are apps and websites, such as Firefox and DuckDuckGo, that have privacy as a main priority.*

Day 8) Look up directions

> Digital photo management is a major task that gets more difficult as time goes on.

> Next time you find yourself texting in paragraphs, give that person a ring. You never know where the conversation might go.

once before you leave the house. Have you ever found yourself at an intersection, bewildered, looking up directions for the fifth time in minutes? On-demand directions can be both helpful and frustrating. Try looking up directions before you leave the house and jotting down notes. On your way to your destination you will walk with a sense of purpose, free to observe landmarks and learn your way around. Or you might get lost and find a place you never knew existed.

Day 9) Finally organize your photos. We take photos all the time, but when was the last time you paused to appreciate them? Digital photo management is a major task that gets more difficult as time goes on. I recommend backing up your photos and sorting your favorites into albums, and maybe even printing some of them through your local camera shop, the Shutterfly app, or drugstore. The summer is a great time to dive into this project.

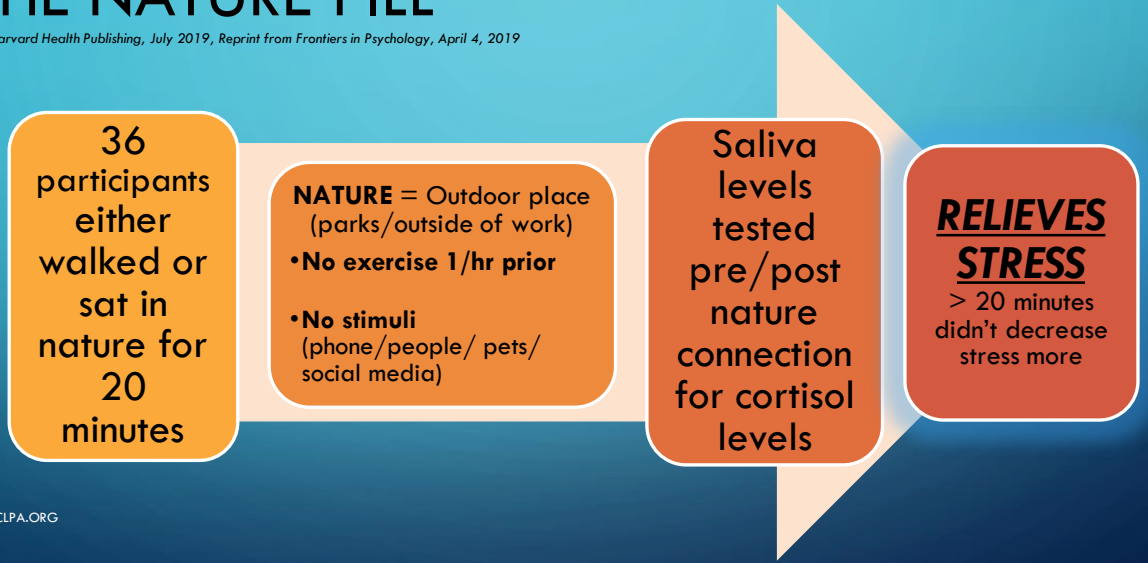
Day 10) Call a friend for the first time. Next time you find yourself texting someone in paragraphs, give that person a ring. You never know where the conversation might go. It may reduce stress to not have to type so much, and you will spend less time looking at a screen. Often my friends say that the biggest social barrier to calling someone is worrying that it might freak them out. A good way to counter this is by asking them via text for consent or, next time you see them, suggesting you might call them to convey a funny story. They are called "phones," after all.

[1] https://www.theguardian.com/technology/2017/oct/05/smartphone-addiction-silicon-valley-dystopia

Alex Glancy is a 3L. She can be reached at aglancy@jd19.law.harvard.edu.

"THE NATURE PILL"

Source: Harvard Health Publishing, July 2019, Reprint from Frontiers in Psychology, April 4, 2019

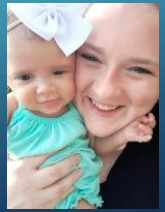


SPEND QUALITY TIME WITH FAMILY










HARVARD STUDY ON ADULT DEVELOPMENT

('Good Genes Are Nice, But Joy Is Better,' The Harvard Gazette, Mineo, April 11, 2017)
(Tedtalk, Robert Waldinger, 'What Makes A Good Life? Lessons From The Longest Study On Happiness')

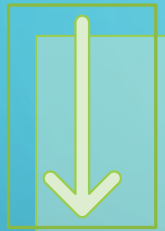
- 1938 (ongoing)
- 724 men – 2 groups
  - Harvard male students
  - Boys from a poor Boston suburb
  - 60 original participants still alive (90's)
- 2,000 children and spouses added to the study
- Interviewed every 2 years/medical records/blood work/videos of family interactions

Results:

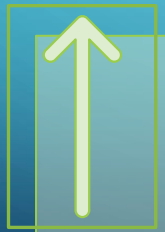
- Good relationships and social connections, including quality, are best predictors of happiness, health, and longevity.
- People most satisfied with their relationships in their 50's were the healthiest in their 80's.
- Good relationships protect bodies and minds, including memory/cognition.

NO ONE REPORTED WISHING THEY WORKED MORE AT THE END OF THEIR LIVES! NOT ONE PERSON!

HELPING OTHERS



In a 30,000-person study on the affect of stress over 10 years on the rate of death, people who believed that they had a very stressful year, and that stress was harmful to their health had 43% higher risk of death than those who did not.



A related study showed that the effect of stress on death rate was **completely offset** where people were regularly helping others.

SLEEP SETS OUR TABLE FOR THE DAY! SET YOUR TABLE FOR SUCCESS!

HTTPS://FITONAPP.COM/WELLNESS/HOW-TO-FALL-ASLEEP-FASTER/

- Have a Consistent Bedtime
- Lower The Temperature in Your Room (65°F)
- Skip the Afternoon Coffee
- Do a Sleep Meditation
- Exercise During the Day
- Avoid Taking a Midday Snooze
- Eat Dinner Earlier
- Do a Brain-Dump (journaling)
- Diffuse a Sleep-Supporting Aromatherapy Oil
- Avoid Blue Light in the Evening
- Keep Your Clock at a Distance
- Turn Off Technology
- Weighted Blanket
- Consider a Calming Evening Non-Alcoholic Drink



While a lot of things have been cancelled,

RESILIENCY is not one of them.

Robin Arzon, Esquire, Peloton, Lead Instructor

MORE INSPIRATION FROM ROBIN ARZON:

- Action is the antidote to fear.
- It doesn't need to be TG to be grateful; we woke up today.
- Without challenge, there wouldn't be change.
- Gratitude turns 'why me' into 'try me.'
- **Your test will become your testimony.**
- **Your most valuable currency is your TIME.**
- We have never needed each other more; you don't have to pretend you are ok.
- Instead of asking 'how bad is it going to get' ask 'how great is it going to end up.'
- **The most powerful thing anyone can say to you is what you say to yourself.**

IF YOU AREN'T WELL, YOU MAY INADVERTENTLY VIOLATE THE MODEL RULES OF PROFESSIONAL CONDUCT!

- Sleep 7-8 hours
- Movement is medicine
- Connect with family/friends
- Mindfulness/meditation (PAUSE)
- Volunteer
- Gratitude journals
- Experiences over material things (hedonic adaptation)
- Screen breaks
- No phones at the dinner table
- Random acts of kindness
- Handwritten notes
- Take a break from/limit social media/news
- New PERSPECTICLES: You don't **HAVE** to; you **GET** to!
- Lunch breaks, during the day, not in front of a screen
- Mental health days

MODEL RULES OF PROFESSIONAL CONDUCT

Rule 1.1: Competence

A lawyer shall provide competent representation to a client. Competent representation requires the legal knowledge, skill, thoroughness and preparation reasonably necessary for the representation.

Rule 1.3: Diligence

A lawyer shall act with reasonable diligence and promptness in representing a client.

Rule 1.4: Communications

(a) A lawyer shall:

(1) promptly inform the client of any decision or circumstance with respect to which the client's informed consent, as defined in Rule 1.0(e), is required by these Rules;

(2) reasonably consult with the client about the means by which the client's objectives are to be accomplished;

(3) keep the client reasonably informed about the status of the matter;

(4) promptly comply with reasonable requests for information; and

(5) consult with the client about any relevant limitation on the lawyer's conduct when the lawyer knows that the client expects assistance not permitted by the Rules of Professional Conduct or other law.

(b) A lawyer shall explain a matter to the extent reasonably necessary to permit the client to make informed decisions regarding the representation.

MODEL RULES OF PROFESSIONAL CONDUCT

Rule 1.6: Confidentiality of Information

(a) A lawyer shall not reveal information relating to the representation of a client unless the client gives informed consent, the disclosure is impliedly authorized in order to carry out the representation or the disclosure is permitted by paragraph (b).

(b) A lawyer may reveal information relating to the representation of a client to the extent the lawyer reasonably believes necessary:

(1) to prevent reasonably certain death or substantial bodily harm;

(2) to prevent the client from committing a crime or fraud that is reasonably certain to result in substantial injury to the financial interests or property of another and in furtherance of which the client has used or is using the lawyer's services;

(3) to prevent, mitigate or rectify substantial injury to the financial interests or property of another that is reasonably certain to result or has resulted from the client's commission of a crime or fraud in furtherance of which the client has used the lawyer's services;

(4) to secure legal advice about the lawyer's compliance with these Rules;

(5) to establish a claim or defense on behalf of the lawyer in a controversy between the lawyer and the client, to establish a defense to a criminal charge or civil claim against the lawyer based upon conduct in which the client was involved, or to respond to allegations in any proceeding concerning the lawyer's representation of the client;

(6) to comply with other law or a court order; or

(7) to detect and resolve conflicts of interest arising from the lawyer's change of employment or from changes in the composition or ownership of a firm, but only if the revealed information would not compromise the attorney-client privilege or otherwise prejudice the client.

(c) A lawyer shall make reasonable efforts to prevent the inadvertent or unauthorized disclosure of, or unauthorized access to, information relating to the representation of a client.

MODEL RULES OF PROFESSIONAL CONDUCT

Rule 8.3: Reporting Professional Misconduct

(a) A lawyer who knows that another lawyer has committed a violation of the Rules of Professional Conduct that raises a substantial question as to that lawyer's honesty, trustworthiness or fitness as a lawyer in other respects, shall inform the appropriate professional authority.

(b) A lawyer who knows that a judge has committed a violation of applicable rules of judicial conduct that raises a substantial question as to the judge's fitness for office shall inform the appropriate authority.

(c) ***This Rule does not require disclosure of information otherwise protected by Rule 1.6 or information gained by a lawyer or judge while participating in an approved lawyer's assistance program.***

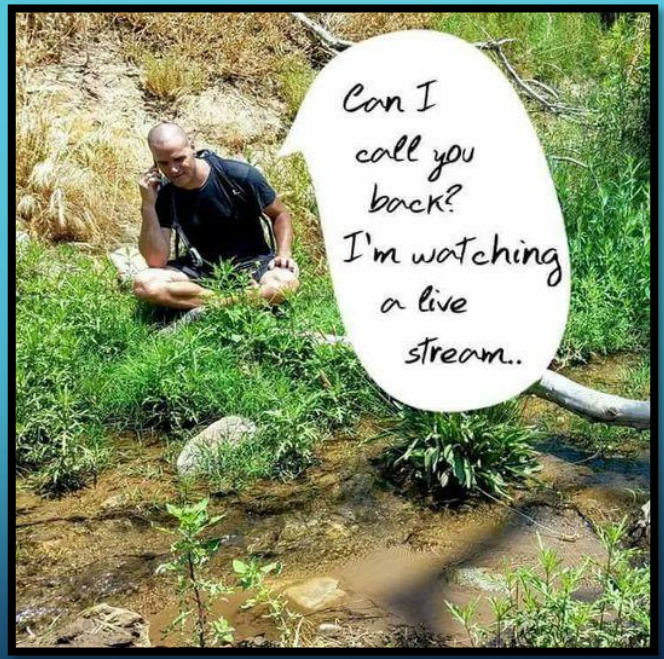
“ONE MORE DAY” (FEBRUARY 19, 2019)





"THE ONLY REASON YOU SHOULD HAVE YOUR PHONE OUT ON A FRIDAY AFTER 5 PM IS IF YOU ARE USING THE FLASHLIGHT AS A VIRTUAL LIGHTER AT A TOTO/JOURNEY CONCERT." JENNIFER ZAMPOGNA, MD, LCL'S DIRECTOR OF OPERATIONS




Can I call you back? I'm watching a live stream..

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