# Finding Your Footing: How to Stay Sane When Working from Home

D.C. Bar Lawyer Assistance Program

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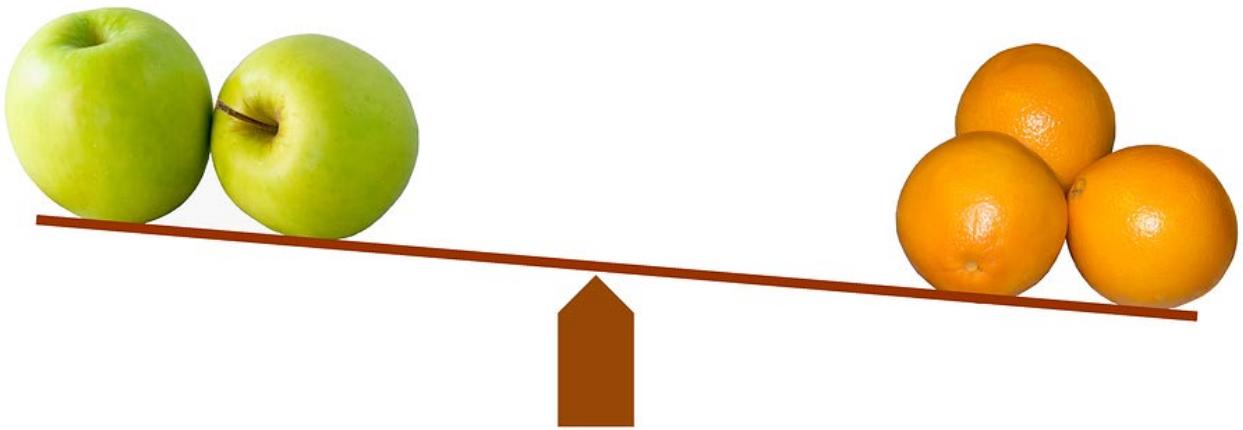
MARTY, WHATEVER HAPPENS
DONT EVER GO TO 2020!

# Laying the groundwork

# Groundwork:

## Compare & Despair



# Groundwork:

# The fatigue is real

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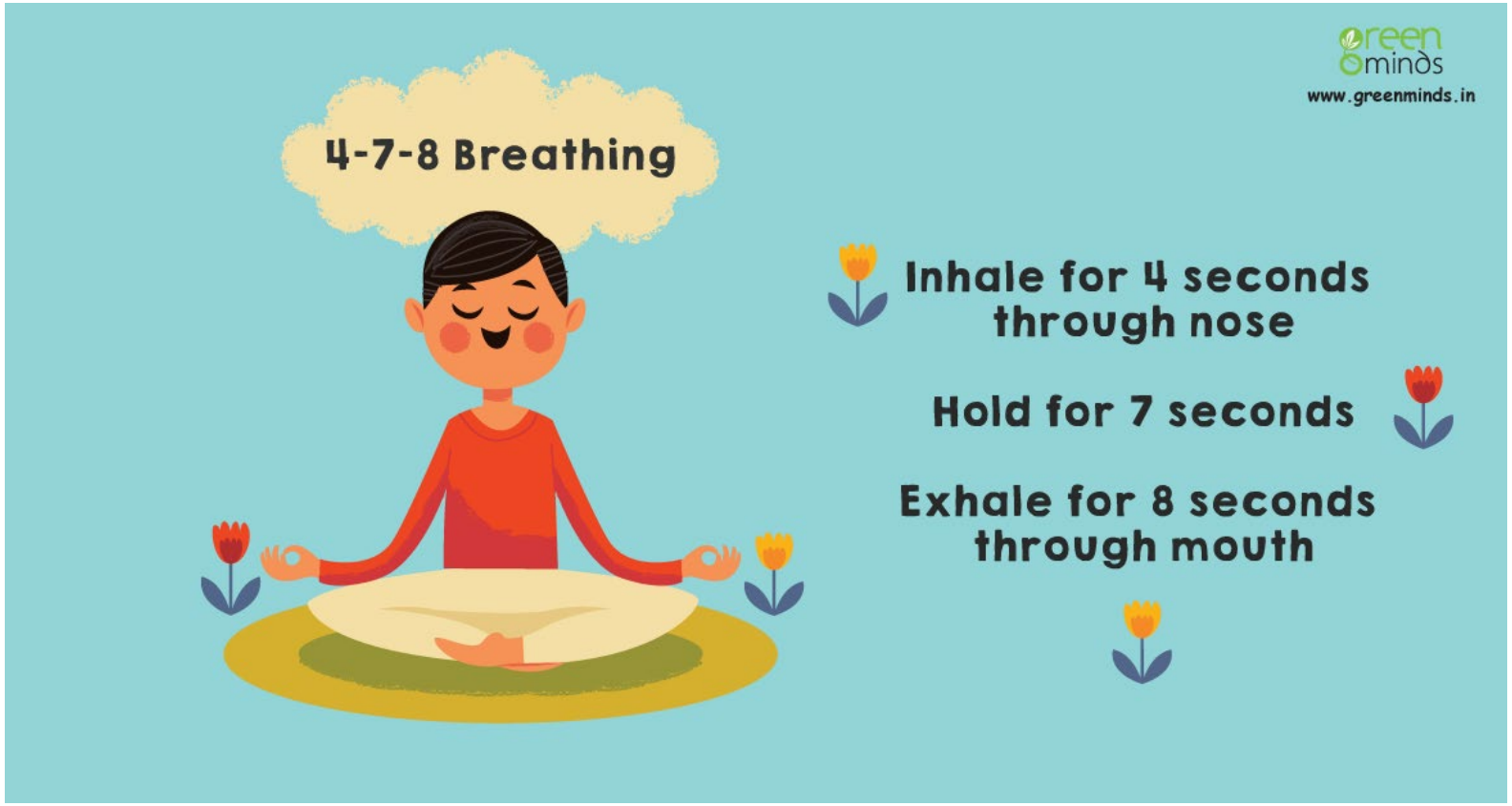
# Groundwork:

# Assess what is and is not working

Self-Care
TOOLBOX

# Breathe


green minds
www.greenminds.in
4-7-8 Breathing
Inhale for 4 seconds through nose
Hold for 7 seconds
Exhale for 8 seconds through mouth

# Be intentional about news and social media consumption

# Make routine your friend

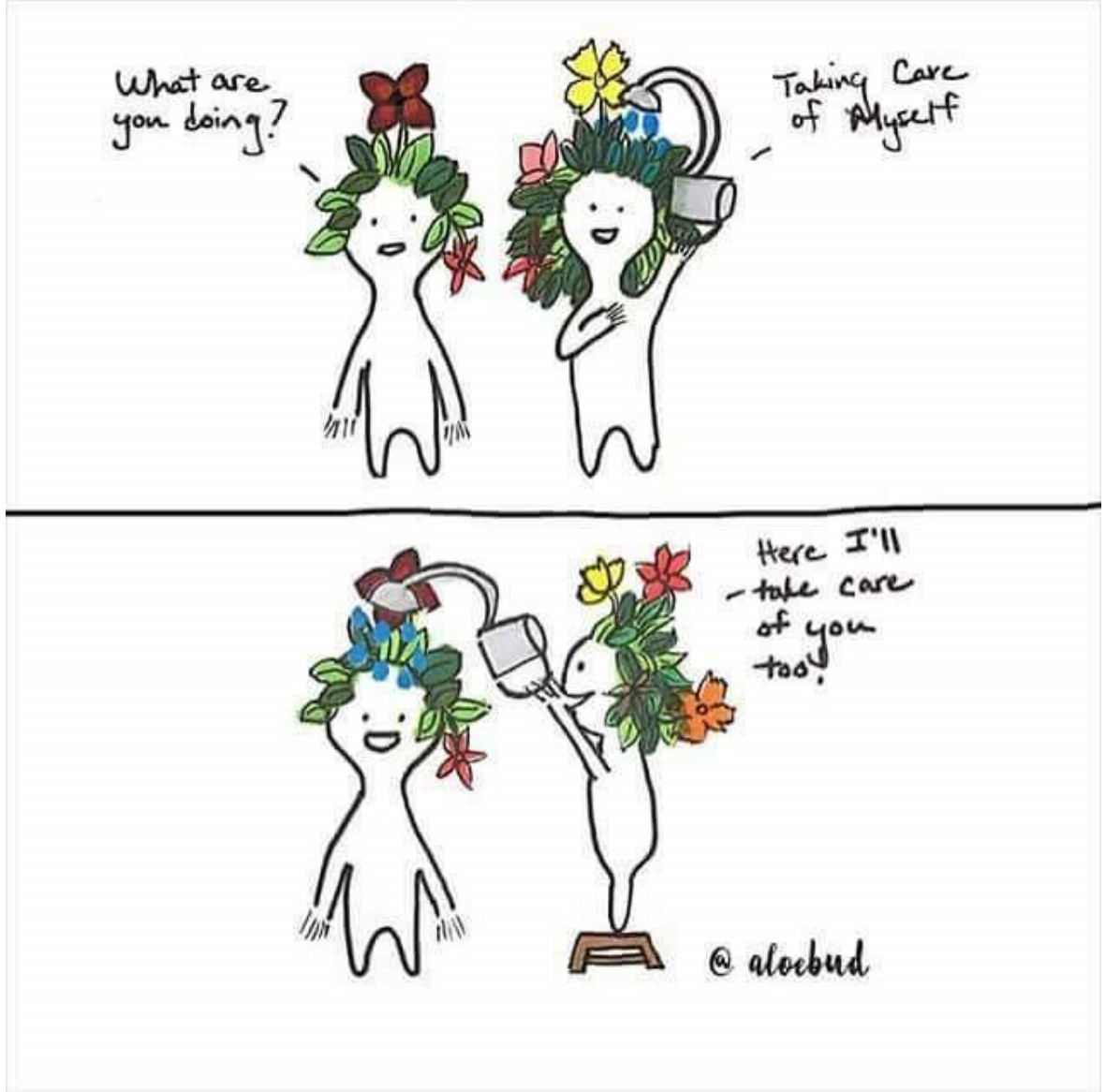
**Maintain a schedule:**

- Go to bed and wake up at the same time(ish) each day.
- Eat regular meals and/or snacks.
- Get movement daily.
- Know when you are most productive. Plan accordingly.
- Set out three tasks to achieve each day.
- Schedule in downtime.
- Plan your day in advance.

working from home can mess with your head

# Develop transitions and separation

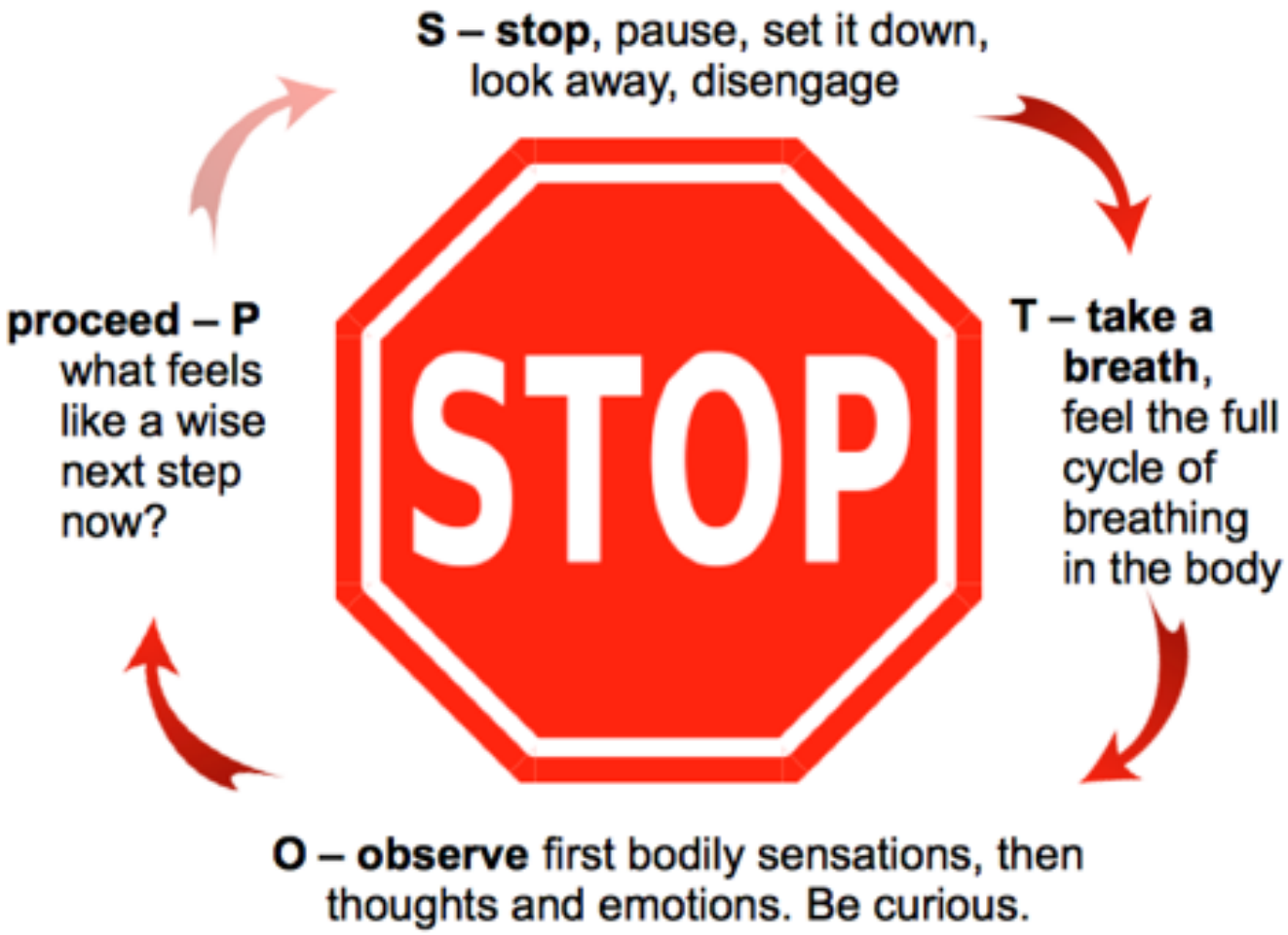
# Take time to <u>nurture yourself</u> daily



# Utilize your support system (including professionals)

# Create space to notice your emotions

# The S.T.OP. Practice



# Shift your attention

# Learn from your past

# A reminder

I CANNOT CONTROL
(So, I can LET GO of these things.)
IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING
THE AMOUNT OF TOILET PAPER AT THE STORE
THE ACTIONS OF OTHERS
HOW LONG THIS WILL LAST
PREDICTING WHAT WILL HAPPEN
HOW OTHERS REACT
OTHER PEOPLE'S MOTIVES
I CAN CONTROL
(So, I will focus on these things.)
MY POSITIVE ATTITUDE
TURNING OFF THE NEWS
FINDING FUN THINGS TO DO AT HOME
HOW I FOLLOW CDC RECOMMENDATIONS
LIMITING MY SOCIAL MEDIA
MY OWN SOCIAL DISTANCING
MY KINDNESS & GRACE
Clipart: Carrie Stephens Art
TheCounselingTeacher.com

# Services of the Lawyer Assistance Program

- Assessment, evaluation, referral, short term counseling and support/follow up, monitoring.
- Access to a LAP volunteer who is trained and understands what a person is experiencing.
- Consultation with firms or other concerned parties about possible interventions.
- These services are free and confidential to D.C. Bar members, Judges and Law Students in the District of Columbia.
- Call 202-347-3131 or email LAP@dcbar.org.