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OCTOBER 15–17

Putting Your Own Oxygen Mask on First: An Approach to Judicial Wellness

Hon. Helen Adams
Hon. Nancy Joseph

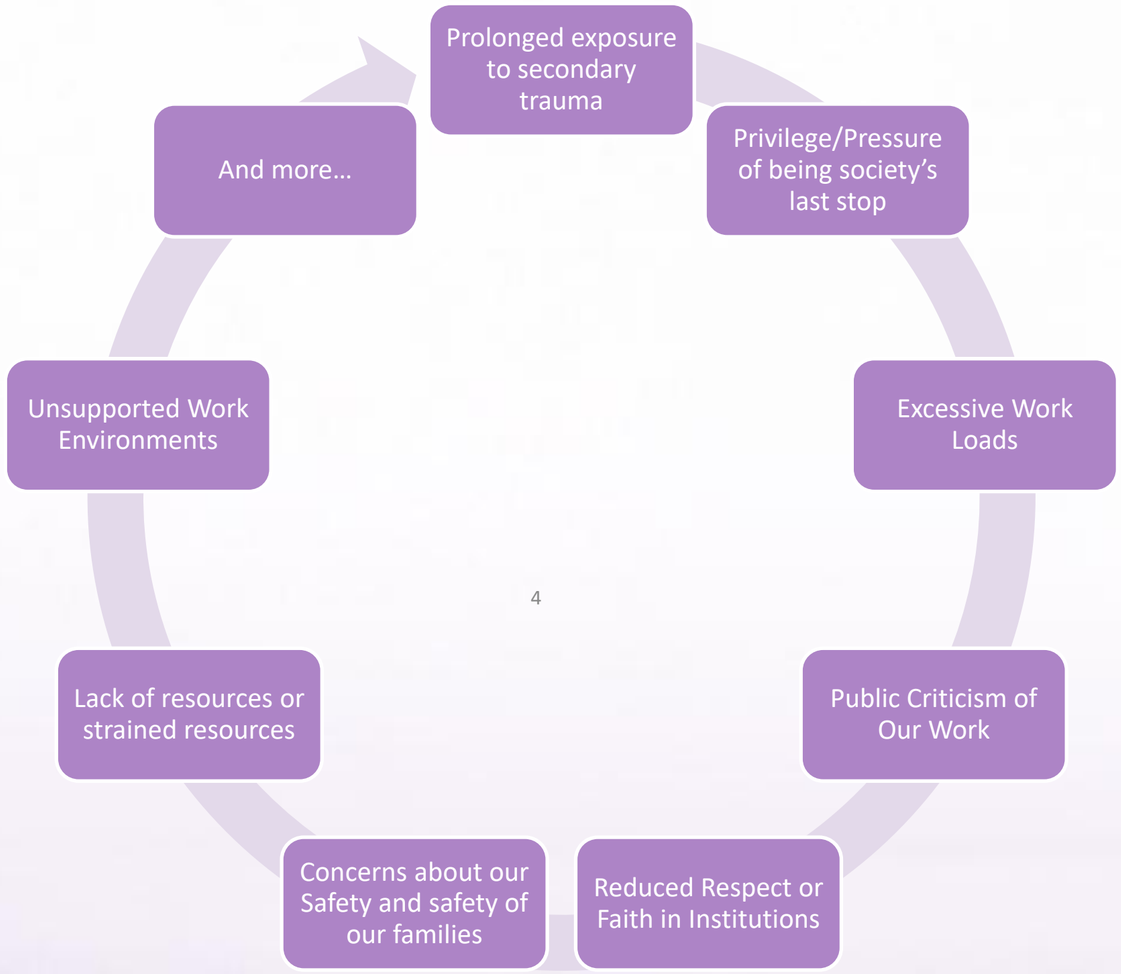
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STRESSORS ON JUDGES


Prolonged exposure to secondary trauma
Privilege/Pressure of being society's last stop
Excessive Work Loads
Public Criticism of Our Work
Reduced Respect or Faith in Institutions
Concerns about our Safety and safety of our families
Lack of resources or strained resources
Unsupported Work Environments
And more…

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STRESSORS CAN BE A NEVER-ENDING CIRCLE

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IMPACT ON JUDGES

sleeplessness

fear

chronic exhaustion

physical ailments

Burnout

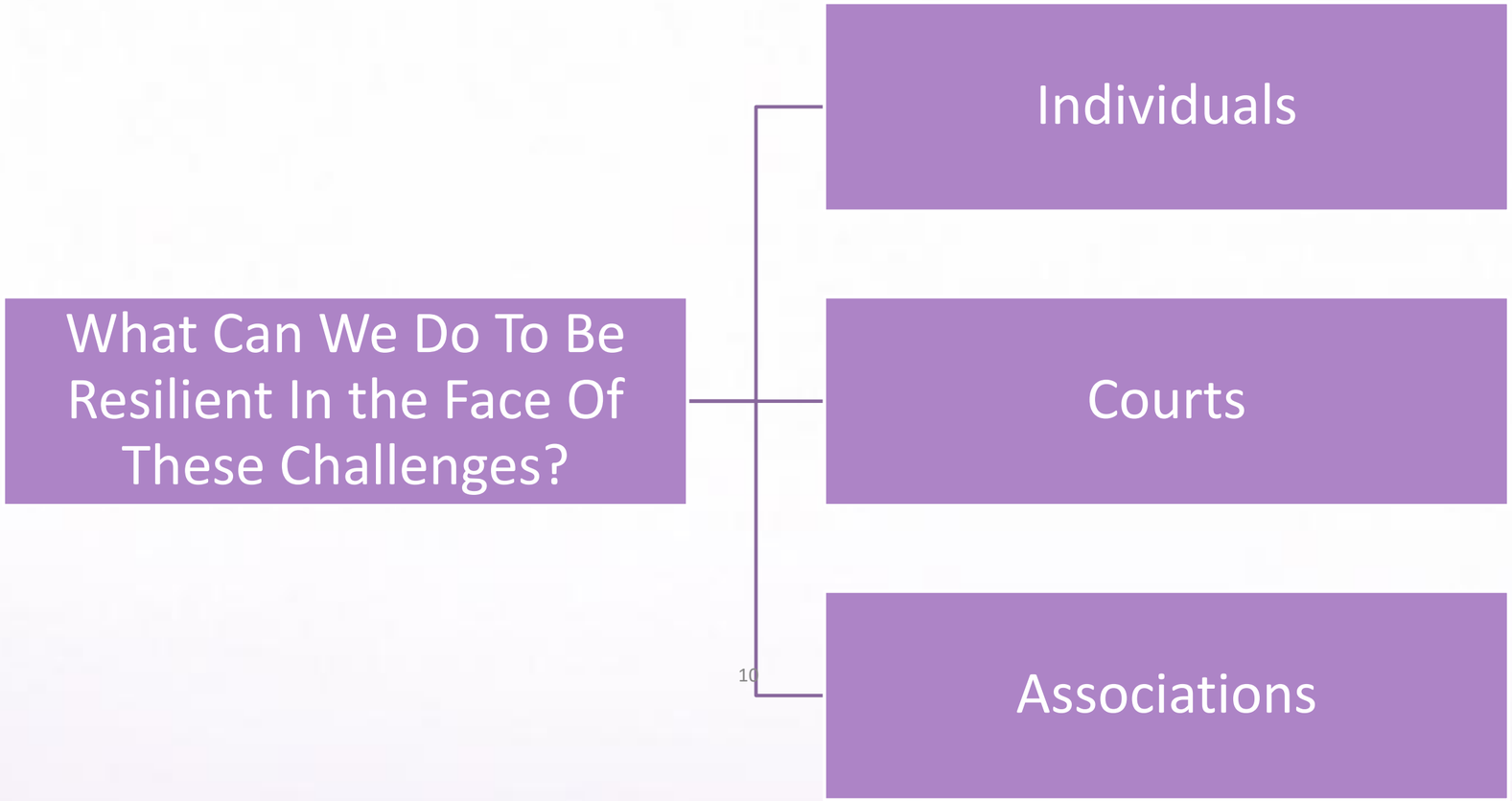
Early departure from the bench

And more…

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INCOMING TURBULENCE HIGH-FUNCTIONING BURNOUT

- Invisible struggle
- Mental fatigue
- Inability to disconnect
- impatience
- Reduced self-care
- Negative coping mechanisms
- Physical exhaustion


What Can We Do To Be Resilient In the Face Of These Challenges?
Individuals
Courts
Associations

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Let's Brainstorm Ideas Start with Individuals

Make sleep, nutrition and exercise a priority

Do not go it alone/seek assistance

Seek meaning outside of work

Disconnect to reconnect

Establish boundaries/Practice saying no

Determine what is and is not priority work

Creat a transition routine

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BIG THINGS/LITTLE THINGS EXERCISE

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Let's Brainstorm Ideas
Next Up: Courts

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Let's Brainstorm Ideas Now: Associations

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RESOURCES

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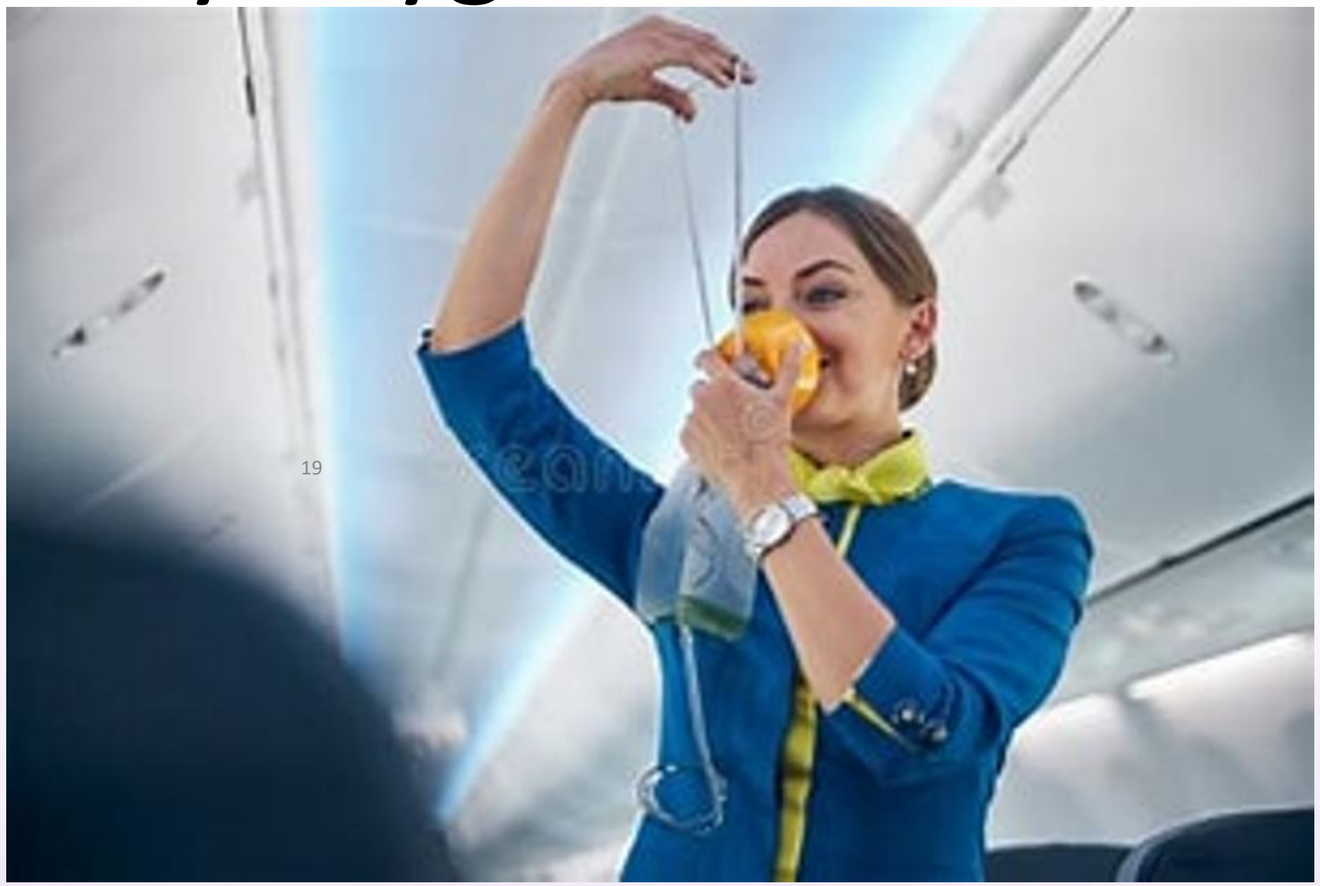
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ANY QUESTIONS/COMMENTS BEFORE THE PLEDGE

PLEDGE

I pledge to put on my oxygen mask on first.



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AN EVALUATION FOR ALL SESSIONS WILL BE SENT AFTER THE CONFERENCE