**RESOURCES RELATED TO MINDFULNESS**

**Meditation Tips:**

* Having your feet on floor helps to ground you.
* Longer exhale helps reset the sympathetic nervous system.
* You might have some words for inhale and exhale
	+ Example – calm my body, calm my mind/ relax my body, relax my mind
* After several deep inhales and exhales, shift to regular breathing and focus on breath.
* Try to be “the observer” – the part of you that notices when your mind wanders and need to return to focusing on breath. Non-judgment, detached part of ourselves.

**Two Short Meditation Methods for Anytime/Anyplace:**

* **FOR** = focus on breath; observe any random thought/sound; return to breathing and focus on breath.
* **STOP method**
	+ **S** = Stop what you’re doing; pause your thoughts
	+ **T** = Take deep breaths; take a few deep breaths to relax and center yourself; try to bring yourself fully into the present moment.
	+ **O** = Observe what’s going on with your:
		- Body – How does your body feel? What physical sensations are you aware of?
		- Emotions – What emotions are you feeling?
		- Mind – What thoughts do you notice?
		- Tune in and sit with whatever arises for a few moments.
	+ **P** = Proceed. Now that you’re more centered, how would you like to proceed? What’s most important to you to focus on right now? Respond the way you want to rather than react.

**AILA Resources:**

* AILA [Lawyer Well-Being Center](https://link.edgepilot.com/s/d040286d/Fhni5g5jk0SzaAu1PAq1DA?u=https://ailappcconsults.as.me/schedule.php?appointmentType=9438914) (aila.org/practice/lawyer-well-being-center).
* Directory with all [Lawyer Assistance Program (LAP) contacts](https://link.edgepilot.com/s/6c846c7b/tC-oQJmPPkCGMy8mLKRqng?u=https://www.aila.org/practice/self-care-center/lawyer-assistance-programs-directory), AILA Doc. No. 20041631 (*posted* Apr. 16, 2020*)*. There are different offerings available at each LAP site that are worth investigating.
* **Meditations**

The Meditations page of the Lawyer Well-Being site (under “Spiritual Well-Being”) links to a number of short meditations that are periodically updated: [www.aila.org/practice/lawyer-well-being-center/spiritual-well-being](http://www.aila.org/practice/lawyer-well-being-center/spiritual-well-being).

* **AILA Lawyer Mindfulness Roundtable Recordings (free to members)**
	+ **Mindfulness: Reframing Your Relationship to Stress** (Roundtable recording) (<https://link.edgepilot.com/s/ac0c76fe/1l8Gi3lpcUeCNpdqROMd9Q?u=https://agora.aila.org/store/products/view/mindfulness-reframing-your-relationship-to-stress>)

***Description:*** A growing body of scientific research finds that your mindset may be the most crucial determinant of your resilience to life's many ups and downs. Join Mindset Coach and AILA Member Laura Kelley as well as AILA Member Ken Mayeaux for a roundtable discussion of basic mindset principles and practices that can help you reframe the endemic pressure of law practice and move toward a healthier relationship with the stress that "comes with the job."

* [**When It Rains, Use RAIN**](https://agora.aila.org/store/products/view/when-it-rains-use-rain)(Roundtable recording) (<https://agora.aila.org/store/products/view/when-it-rains-use-rain>)

***Description:*** Let's face it, in law practice, as in life, we inevitably get stressed. In the midst of the stress, we often don’t know how best to respond or we end up responding in habitually negative ways. RAIN – which stands for Recognize, Allow, Investigate and Nurture – is a mindfulness practice you can use in the moment to respond with more poise and peace to difficult events, thoughts and emotions. (Presenters: Laura Kelley and Kenneth A. Mayeaux)

#### **Discussion Topics**

#### Recognize and Notice Difficult Thoughts and Emotions

#### Establish a Practice for Attending to These Thoughts and Emotions

#### Create Space for a More Effective Response to the Inevitable Stresses of Law and Life

* + **For More Well-Being Recordings Linked on Agora,** *see*, Agora Well-Being topics at [Products (aila.org)](https://agora.aila.org/store/products?SearchTopic=182) [(https://agora.aila.org/store/products?SearchTopic=182).](file:///C%3A%5CUsers%5Clcald%5CDropbox%5CAILA%20Conferences%5CAC2022%5C%28https%3A%5Cagora.aila.org%5Cstore%5Cproducts%3FSearchTopic%3D182%29)

**Books:**

* *The Upside of Stress: Why Stress is Good for You, and How to Get Good at It,* Kelly McGonigal, PhD
* *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It,* Kelly McGonigal, PhD

# *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma,* Bessel van der Kolk, MC

* *Mindset: The New Psychology of Success*, Carol S. Dweck

The book takes us on a journey into *how our conscious and unconscious thoughts affect us* and how something as simple as wording can have a powerful impact on our ability to improve.

* *The Happiness Trap*, Russ Harris

“A Guide to ACT – the mindfulness-based program for reducing stress, overcoming fear, and creating a rich and meaningful life.” (ACT – Acceptance and Commitment Therapy developed by psychologist, Steven Hayes.)

* *Real Happiness, The Power of Meditation, a 28-Day Program to Realize the Power of Meditation*, Sharon Salzberg
* *Real Happiness at Work, Meditations for Accomplishment, Achievement, and Peace*, Sharon Salzberg
* *Drink?*, The New Science of Alcohol and Your Health, David Nutt (professor of neuropsychopharmacology and director of the Neuropsychopharmacology Unit at Imperial College, London).
* *Burnout, the Secret to Unlocking the Stress Cycle*, Emily Nagoski, PhD and Amelia Nagoski, DMA
* *HBR Guide to Beating Burnout*, Harvard Business Review, Dec. 15, 2020.
* [*Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping*,](https://www.amazon.com/Why-Zebras-Dont-Get-Ulcers-audiobook/dp/B00AU91D7K/ref%3Dsr_1_1?crid=KVRUDS30L18D&keywords=why+zebras+don%27t+get+ulcers&qid=1666975785&qu=eyJxc2MiOiIyLjA4IiwicXNhIjoiMS41MCIsInFzcCI6IjEuNTQifQ%3D%3D&s=books&sprefix=zebras%2Cstripbooks%2C86&sr=1-1) Peter Berkrot, Robert Sapolsky, et al
* *Notes on How to Live in the World… and Still Be Happy,* Hugh Prather.

**A Few Leaders in the Mindfulness/Meditation Field:**

* Tara Brach (<https://www.tarabrach.com/>) (including, Tara Brach Guided Meditations ([www.tarabrach.com/guided-meditations/](http://www.tarabrach.com/guided-meditations/)).
* Dan Siegel (https://drdansiegel.com/)
* Sharon Salzberg (https://www.sharonsalzberg.com/)
* Rick Hanson (https://www.rickhanson.net/)

**Websites:**

* **Mindsight Institute** (Dan Siegel): <https://www.mindsightinstitute.com> (courses and programs)
* **Greater Good Science Center**: <https://greatergood.berkeley.edu>
* **UCLA Mindful Awareness Center**: <https://www.uclahealth.org/marc/default.cfm> (includes free programs and resources)
* **Duke Integrative Medicine Health and Well-Being Programs**: <https://dhwprograms.dukehealth.org/programs-training>
* **Heart Math Institute**: <https://www.heartmath.org>
* **Mindful healthy mind, healthy life**: <https://www.mindful.org>

#### [**Institute For Well-Being In Law**](file:///C%3A%5CUsers%5CRebeccaKitson%5CDownloads%5CInstitute%20For%20Well-Being%20In%20Law)**:** https://[lawyerwellbeing.net](https://lawyerwellbeing.net) (sponsor of Well-Being in Law Week, formerly ABA Lawyer Well-Being Week, sponsors IWIL newsletter and **Path to Well-Being in Law Podcast; many other resources linked.**

* **Mindfulness in Law Society**: [www.mindfulnessinlawsociety.org](http://www.mindfulnessinlawsociety.org) (includes sign-up for regularly scheduled meditations)
	+ <https://www.mindfulnessinlawsociety.org/virtual-sits>: Every week except federal holidays: Mondays 12noon PT; Wed., 2:00 PT
	+ **Wellness Thursday – Mindfulness in Law Society, Mid-Atlantic chapter,** <https://www.mindfulnessinlawsociety.org/midatlantic>. Every Thursday from 4:00PM-4:15PM ET for a guided mindfulness meditation practice to relax and recharge our mind and bodies! No prior meditation practice is necessary.

**APPS for Meditation and Mindfulness Practices:**

* **Mobile Apps for Well-Being** - list and descriptions of apps for meditation and sleep, mood and habit modification, and taking care of the whole self. AILA Doc. No. 21070138 (*posted* Nov. 24, 2021).
* **Ten Percent Happier** (subscription; Apple 4.8, 114K ratings) – meditation and mindfulness tools, podcast.
* **Calm** (Apple 4.8, 1.5M ratings) - #1 app for sleep meditations; variety of guided meditations.
* **Medito** (Free; Apple 4.9, 896 ratings) – includes a 30-day challenge, beginner and intermediate courses (Medito Foundation).
* **Meditopia** (Subscription; Apple 4.9, 20K ratings) – 1000+ guided meditations on numerous topics)
* **Headspace** (subscription; Apple 4.8, 911K ratings) – makes it easy for people just learning the art of meditation. Learn basics and techniques through fun, animated videos and a guided 10-minute session each day; sleep meditations; podcasts.
* **Chopra: Meditation** (free, Apple 4.9, 33K ratings) – variety of resources, including meditations based on your mind-body type and 7 and 21-day challenges for personal growth and meditation.
* **InsightTimer** (free and premier; Apple 4.9, 386K ratings) - One of the most popular free apps, offering a wealth of guided meditations appropriate for all levels and the ability to connect with a community of like-minded individuals. Guided meditations and a timer for self-guidance; timer sounds include bowls, blocks, and chimes.
* **Buddhify** (Apple 4.8, 5.6K ratings) – meditations and mindfulness exercises
* **Breethe** (Apple 4.7, 53K ratings)– includes meditations, hypnotherapy, tapping, music, and sounds
* **Aura** (Apple 4.7, 28K ratings) – personalization algorithm for meditations and practices; coaches; can join a “community.”
* **Liberate.CX** (subscription; Apple 4.6, 777 ratings) – meditation app made by and for the BIPOC community.
* **Liberate** – Website Blocker ($4.99; Apple 4.7, 726 ratings) – Time management app to block on-line distractions.
* **Tangerine** (premium subscription; Apple 4.7, 5.7K ratings)– a habit-shaping application that reminds you to do whatever you customize it to, as well as track your mood and journal.
* **Habit Tracker** (Apple 4.8, 38K ratings) – set reminders; track goals, analysis.
* **Due** (Apple 4.7, 2.3K ratings)– create a reminder that will ping you every hour, 30 minutes, or 15 minutes – to remind you to pause and breathe (or whatever reminder you set).
* Also, just use your phone and/or watch to set reminders to stand, drink water, move.

**Blogs and Podcasts:**

* Laura Kelley, The Joyful Attorney ([*www.TheJoyfulAttorney.com/blog*](http://www.TheJoyfulAttorney.com/blog) and *www.TheJoyfulAttorney.com/podcast*).
* Tara Brach, [Talks: Reflections on the Path](https://www.tarabrach.com/talks-audio-video/) ([*www.tarabrach.com/talks-audio-video/*](http://www.tarabrach.com/talks-audio-video/)).
* Eckhart Tolle, Essential Teachings ([*https://podcasts.apple.com/us/podcast/eckhart-tolle-essential-teachings/id1458654443*](https://podcasts.apple.com/us/podcast/eckhart-tolle-essential-teachings/id1458654443)).

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* Jutta Tobias Mortlock, Alison Carter, Dawn Querstret. **Extending the Transformative Potential of Mindfulness Through Team Mindfulness Training, Integrating Individual With Collective Mindfulness, in a High-Stress Military Setting**. *Frontiers in Psychology*, 2022; 13 DOI: [10.3389/fpsyg.2022.867110](http://dx.doi.org/10.3389/fpsyg.2022.867110)

City University London. "Study with military suggests 'blended' individual and team mindfulness is at least as effective as standard mindfulness training: Team mindfulness training combining collective stress management skills with elements of the individually-focused mindfulness-based stress reduction (MBSR) course could offer more benefit than MBSR alone, study suggests." ScienceDaily. ScienceDaily, 23 August 2022. <www.sciencedaily.com/releases/2022/08/220823095440.htm>.

* Johannes Björkstrand, Daniela Schiller, Jian Li, Per Davidson, Jörgen Rosén, Johan Mårtensson, Ulrich Kirk. **The effect of mindfulness training on extinction retention**. *Scientific Reports*, 2019; 9 (1) DOI: [10.1038/s41598-019-56167-7](http://dx.doi.org/10.1038/s41598-019-56167-7)

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**Video:**

“This is Water” video by David Foster Wallace: [#dayindayout](https://www.youtube.com/hashtag/dayindayout) [#reflect](https://www.youtube.com/hashtag/reflect) [#CHOOSE](https://www.youtube.com/hashtag/choose); <https://www.youtube.com/watch?v=eC7xzavzEKY>

