

GIBSON DUNN

2023

Attorney
Mental Health
101



Information
Today Provided
by the National
Council for
Mental
Wellbeing



Mental Health Defined

Mental health is a state of wellbeing in which the individual:

- Realizes their own abilities.
- Can cope with the normal stresses of life.
- Can work productively and fruitfully.
- Can contribute to their community



Mental Health Challenge Defined

A **mental health challenge** is when:

- There is a major change in a person's thinking, feeling, or acting
- The change interferes with the person's ability to live their life
- The interference does not go away quickly and lasts longer than typical emotions or reactions would be expected to

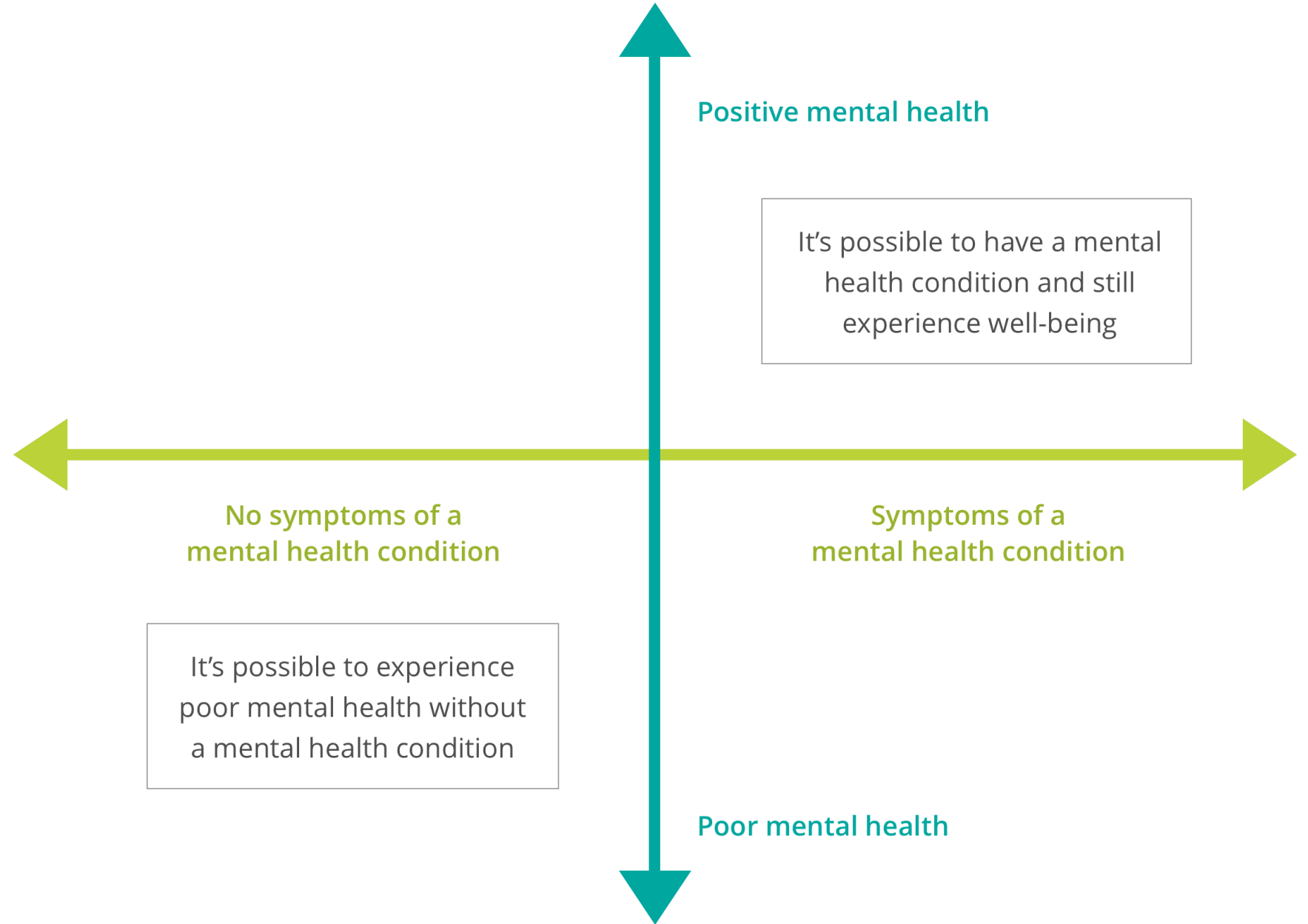


Mental Health Defined

Mental Health

Continuum Model

TWO-CONTINUUM MODEL



Barriers to Mental Health

- Cost
- Stigma
- Logistics
- Awareness



COST



STIGMA

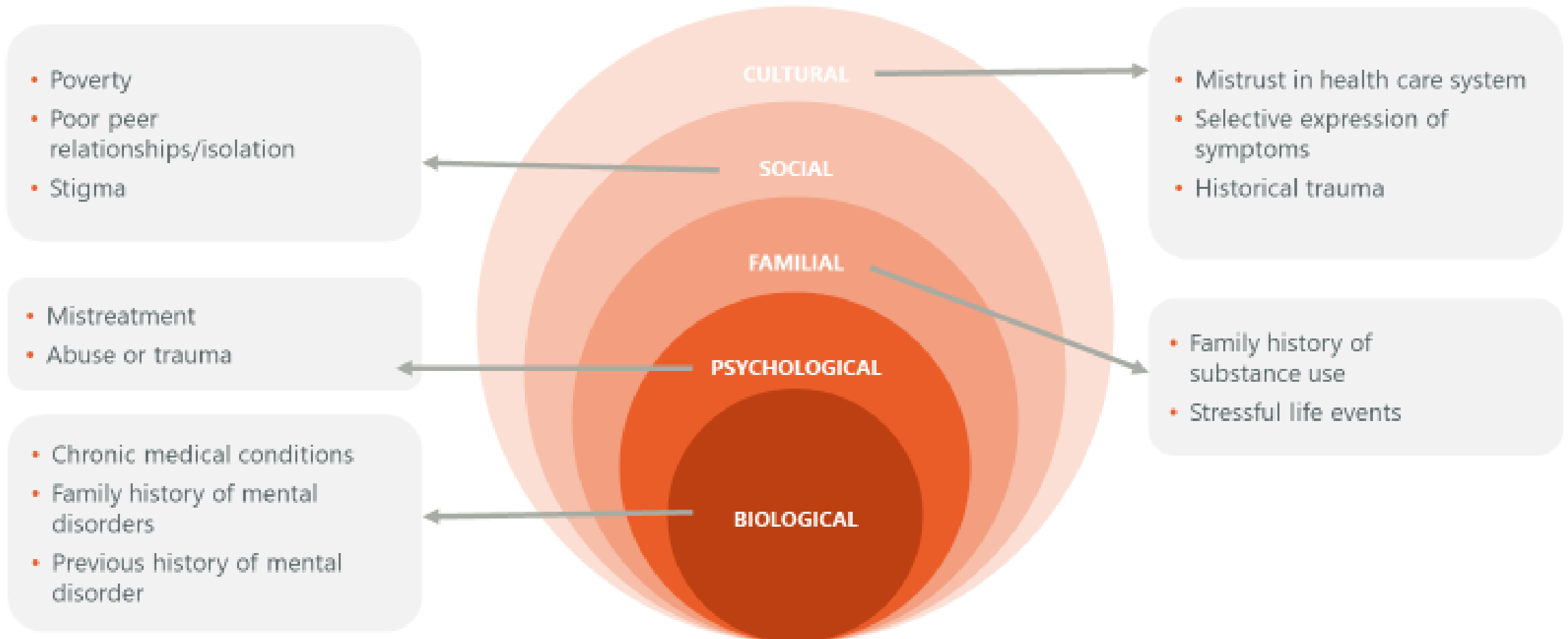


LOGISTICS

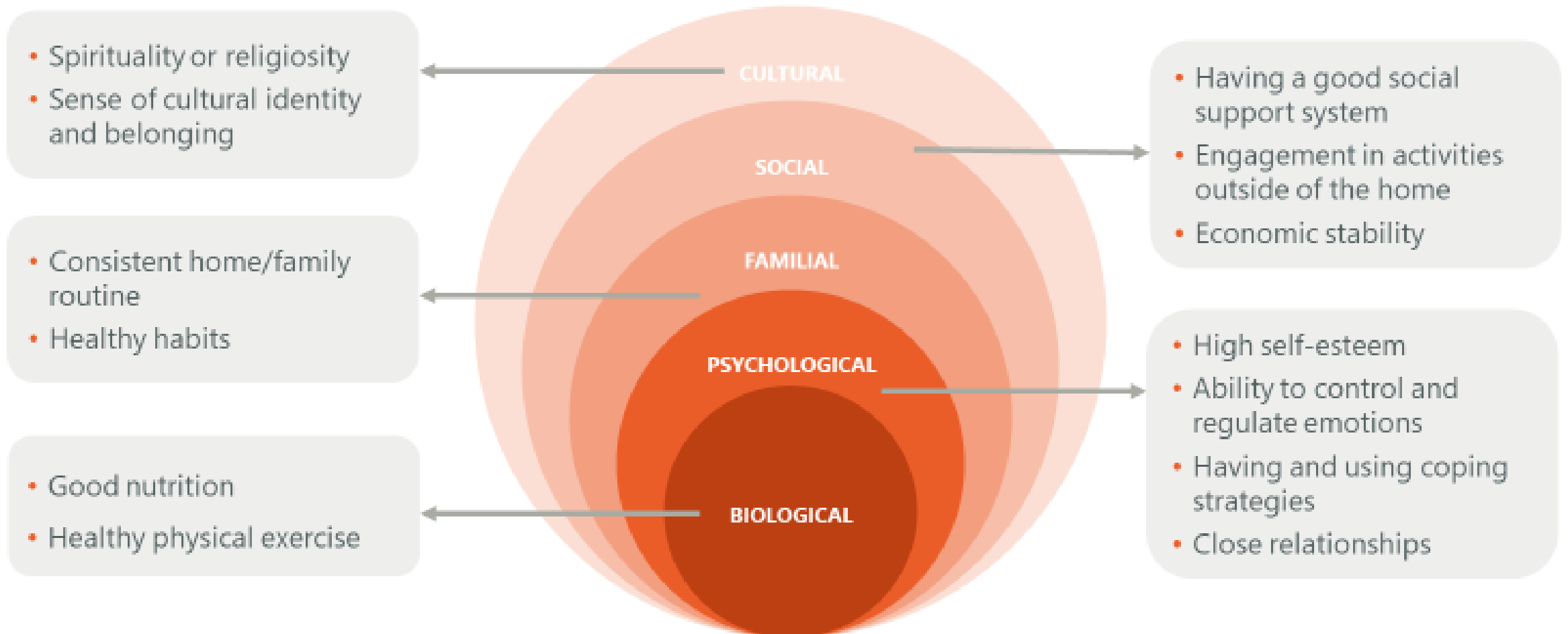


AWARENESS

Risk Factors For Mental Health



Protective Factors For Mental Health



Signs and Symptoms of a Mental Health Challenge



Represents **behaviors** a Mental Health First Aider might notice.



Represents **observable physical changes** (how a person appears) that a Mental Health First Aider might notice.

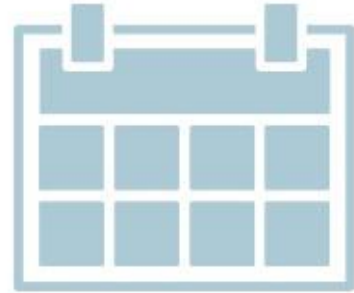


Represents **feelings and emotions** that a Mental Health First Aider might notice.



Represents **thought patterns** that a Mental Health First Aider might notice.

When do Signs and Symptoms Become a Challenge?



FREQUENCY

Individual experiences signs and symptoms most of the day or many times per day.



DURATION

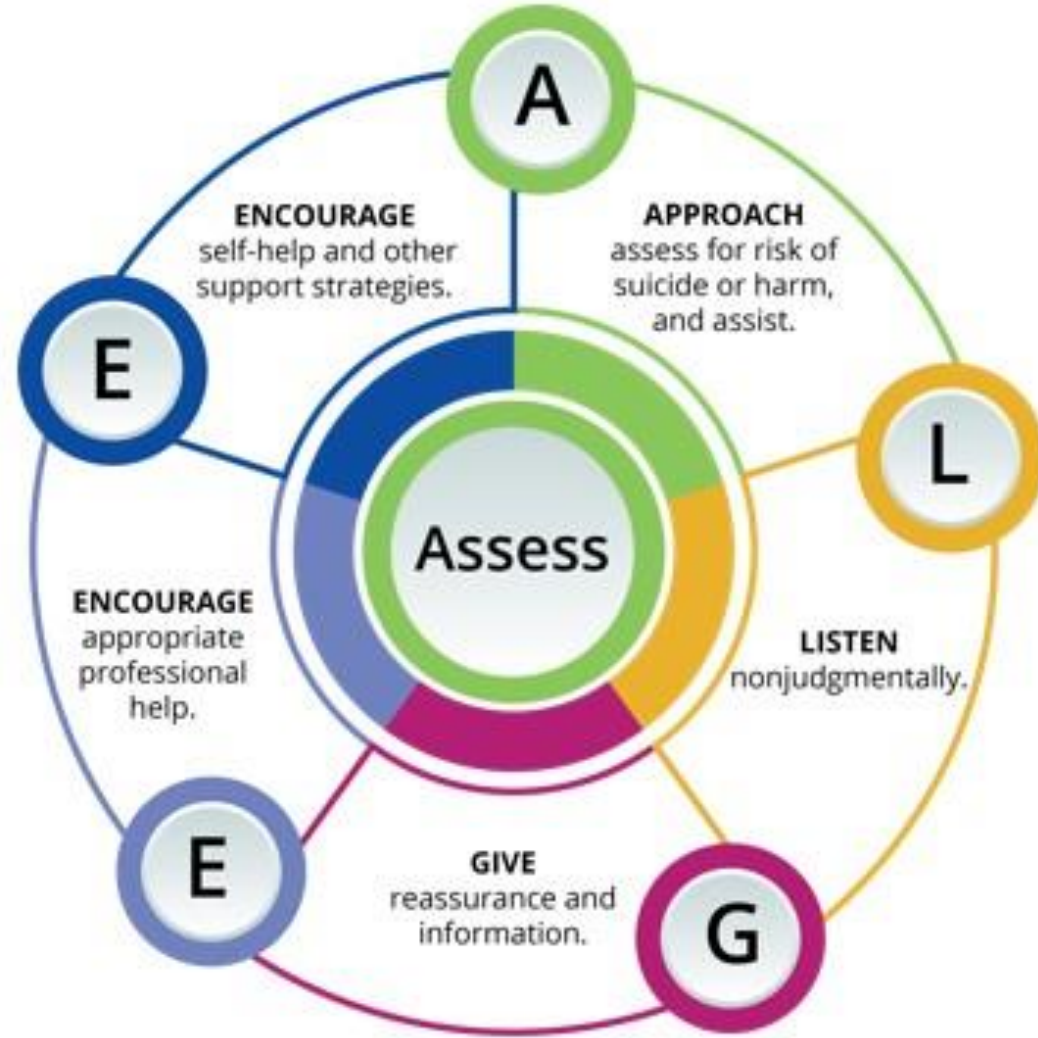
Signs and symptoms have been present for a certain amount of time.



IMPACT

Signs and symptoms get in the way of work performance, relationships, or participation in usual activities.

Action Plan



Early Signs and Symptoms



- An emerging pattern of showing up late for or cancelling personal and professional commitments



- Tired-looking
- Disheveled clothing
- Appearing more unkempt than usual for the person

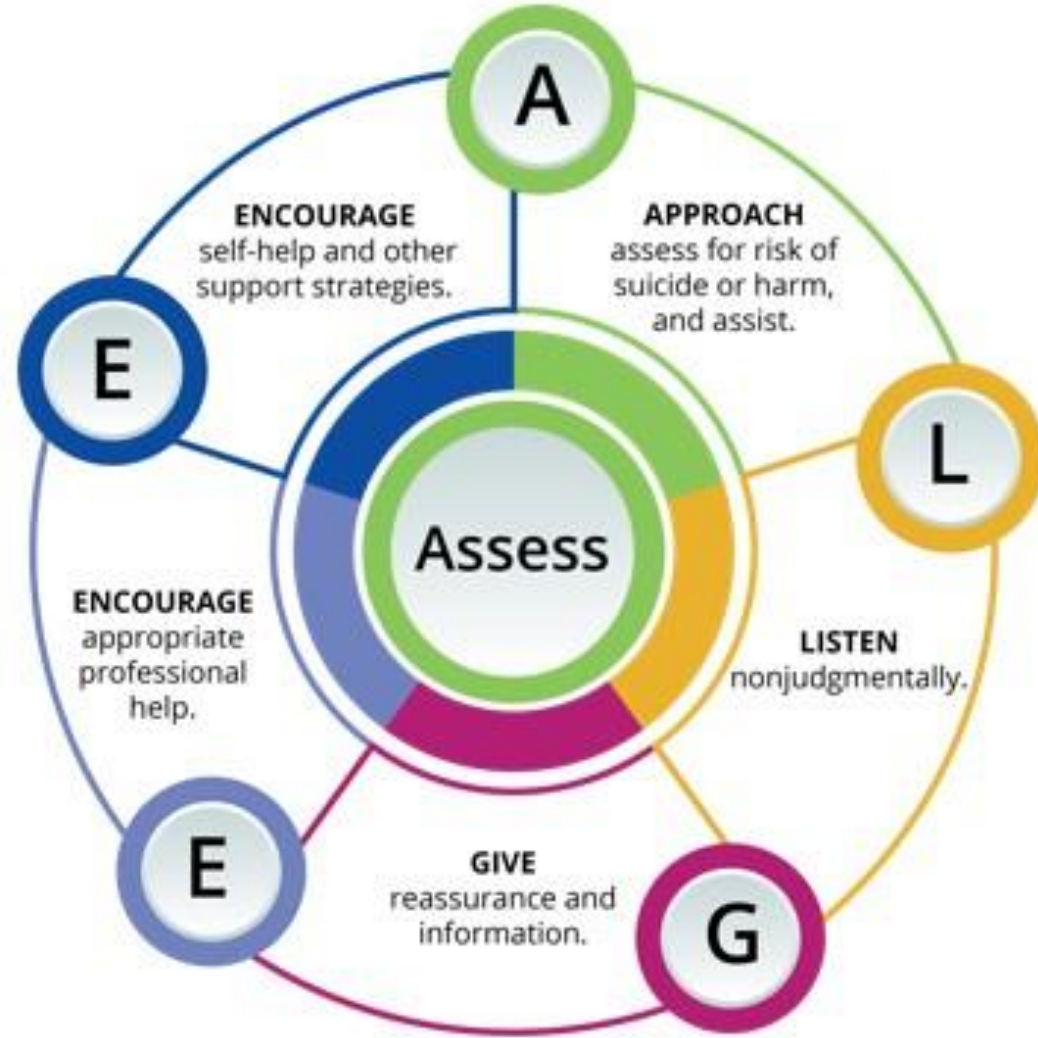


- No longer enjoying work, activities, or hobbies
- Sadness
- Worry



- Difficulty concentrating or focusing at home, school, or work
- Indecisiveness

Action Plan



Worsening Signs and Symptoms



- Withdrawing from family and friends
- Absenteeism or "presenteeism"
- Odd or erratic behavior



- Declining personal hygiene
- Cuts or bruises in various stages of healing

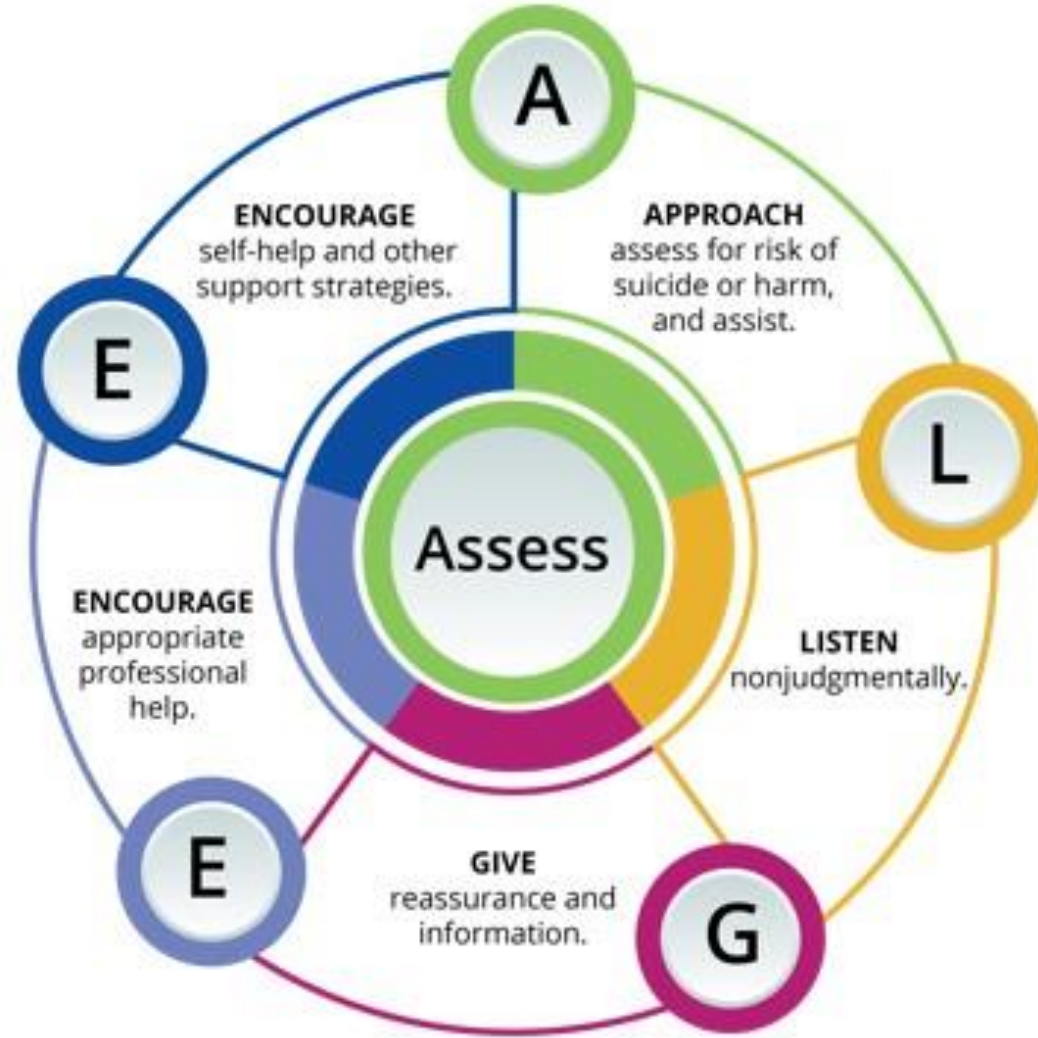


- Increasing sadness
- Hopelessness or despair
- Increasing worry
- Anger or rage



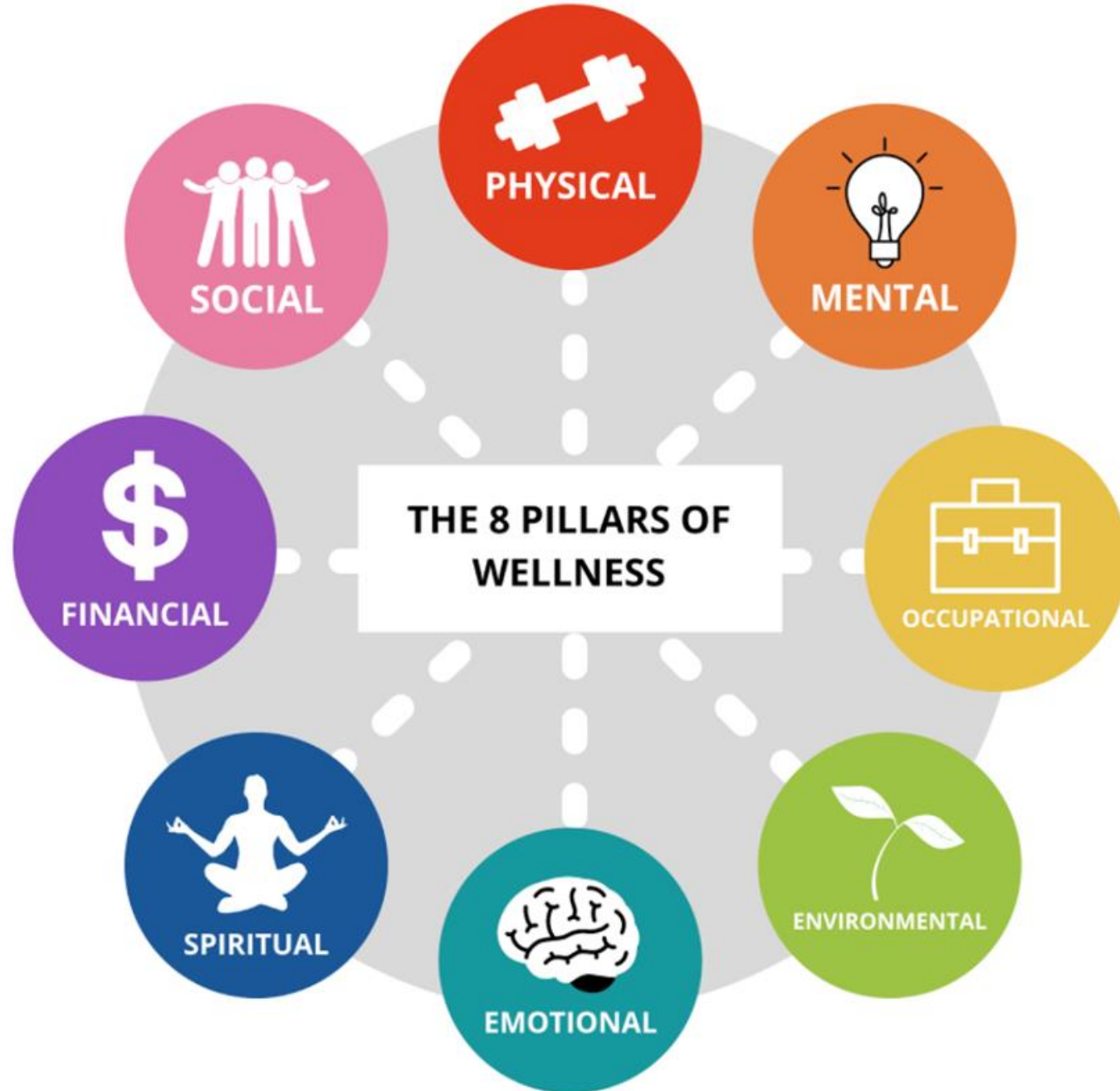
- Increasing self-blame or self-criticism
- Distorted body image
- Thoughts racing or mind going blank

Action Plan



Self-Care

8 Pillars of Wellness



HOW DOES ACTIVE LISTENING HELP YOU?

- Builds, strengthens, and maintains important relationships
- Relationships are critical for resilience



RESPONSES THAT DEFLATE

- **Squash:** Points out problems or provides negative feedback
- **Shut down:** Responds with low energy; doesn't care that much (or is distracted); "That's nice"
- **Steal:** Focuses on themselves; ignores the event



CELEBRATE!

- Celebrating the news is a better way to build the relationship. You can help the other person celebrate the moment by:
 - Asking questions, by seeking additional details about the event or asking why the event is meaningful
 - Expressing excitement and enthusiasm about the positive news
 - Being engaged and interested
 - Showing authentic interest and support
 - **It is not about the news....it's about the person!**
 - Help the other person savor the moment

Empathetic Communication Skill For Attorneys

- Having refined empathetic communication skills helps attorneys improve overall communication, which improves legal analysis and professional relationships.
- All attorneys are leaders regardless of title, and establishing these much-needed communication skills will improve their leadership skills.





THANK

YOU!

