

IDENTIFYING AND HANDLING ATTORNEY STRESSORS: THE PATH TO HEALTH AND WELL-BEING IN THE LEGAL PROFESSION

ONE HOUR A.A.MH CLE CREDIT

Please select from either “true” or “false” the answer that best corresponds to each of the following statements.

1. Like the stereotypical lawyer represented in the media, a majority of most of American attorneys can be, unfortunately, classified as workaholics.
☐ True ☐ False
2. Of the six key dimensions for maintaining attorney wellness as identified by the task force, financial independence is the most important.
☐ True ☐ False
3. Open bars and alcohol-centric events at firms and bar associations disenfranchise certain groups of lawyers and demote otherwise healthy, stress-relieving activities.
☐ True ☐ False
4. Lawyers with mental illness exhibit symptoms and have diagnoses prior to entering law school.
☐ True ☐ False
5. The “work hard, play hard” mantra discourages young lawyers from actively seeking treatment for substance abuse issues.
☐ True ☐ False
6. Presenting the ethical implications of untreated mental illness or substance abuse are effective deterrents for scaring attorneys into receiving help.
☐ True ☐ False
7. While the majority of lawyers do not have a mental health or substance use disorder, many lawyers at best feel ambivalent about their work.
☐ True ☐ False
8. While lawyers suffer from higher levels of anxiety and depression than the rest of the population, most enter law school with these mental health issues.
☐ True ☐ False
9. More than one-tenth of lawyers have reported suicidal thoughts at some point during their careers.
☐ True ☐ False
10. Well-being is an indispensable part of a lawyer’s duty of competence.
☐ True ☐ False
11. A majority of law students are encouraged to ask for help when they need it.
☐ True ☐ False
12. It is not uncommon for law firms to foster competitive rather than cooperative workplace atmospheres.
☐ True ☐ False
13. According to the task force, expressing frustration or anger through social media is a productive way to vent stress.
☐ True ☐ False
14. Taking on a pro bono case outside your practice area is a good way to foster intellectual growth—a component of overall well-being.
☐ True ☐ False

Test 53 | IDENTIFYING AND HANDLING ATTORNEY STRESSORS

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- 2) Answer the quiz questions on page 17. Each question has only one correct answer.
- 3) Send completed quiz along with this form and \$45 processing fee.

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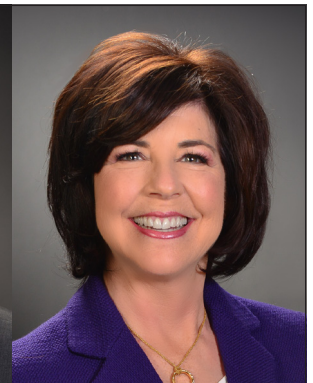
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