

# 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

## THREE EASY STEPS TO CLE CREDIT – \$45

- 1) Read the article on pages 14-15.
- 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.

Name \_\_\_\_\_

Law Firm/Organization \_\_\_\_\_

Address \_\_\_\_\_

State/Zip \_\_\_\_\_

NV Bar Number (Required) \_\_\_\_\_

### MAIL CHECK PAYMENT TO:

State Bar of Nevada, 3100 W. Charleston Blvd., Suite 100, Las Vegas, NV 89102      **Check Number:** \_\_\_\_\_

**FAX CREDIT CARD PAYMENT TO: (702) 463-5730**      *Notice: do not send credit card payment info via regular or electronic mail.*

Please bill my     VISA     MC     AMEX     DISCOVER

Name on card: \_\_\_\_\_

Billing Address (if different from above): \_\_\_\_\_

Signature: \_\_\_\_\_

Card #: \_\_\_\_\_      Exp: \_\_\_\_\_      Sec. Code: \_\_\_\_\_  
3 or 4 digit code on credit card

*Articles for CLE credit are valid up to the end of the third calendar year after publication or until a rule change renders the article outdated, whichever comes first.*

## ADVANCED RESOLUTION MANAGEMENT



OFFERING A WIDE RANGE OF SERVICES INCLUDING:

MEDIATION



ARBITRATION



SPECIAL MASTER



FOCUS GROUPS

STATE-OF-THE-ART COURTROOM

FOR A FULL LIST OF NEUTRALS,  
VISIT US AT [ARMADR.COM](http://ARMADR.COM)  
OR CALL US AT **855.777.4ARM**



JUSTICE NANCY  
**BECKER** (RET.)



ROGER  
**GIULIANI** ESQ.



HON. JACKIE  
**GLASS** (RET.)



PAUL  
**HAIRE** ESQ.



ISHI  
**KUNIN** ESQ.



JUSTICE NANCY  
**SAITTA** (RET.)