

IN SIGHT for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

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THE GIFTS OF THE HOLIDAYS

The holidays can be stressful for any of us – even in the best of times. You have your regular workload, family responsibilities, and chores, and then add holiday activities, traditions, and tasks. This can be overwhelming and can turn a time of year that is supposed to be full of joy and meaning into a time of anxiety, dread, and even exhaustion.

If you're going through personally challenging circumstances – for example, divorce, depression, job loss, health issue, grief, to name just a few – the holidays can magnify stress and intensify emotions. And if you're in recovery, this season of the year provides yet more potential triggers and opportunities for relapse.

So how can we restore some balance to this time of year? How can we survive the stress – unscathed, sober, and perhaps even just a little more centered come the New Year?

Know Your Triggers

You may be one of those people who attempts to alleviate stress, anxiety, or loneliness by filling up your calendar. Maybe being alone or staying home brings up uncomfortable feelings for you. Or you might be someone who tries to cope by isolating and withdrawing from healthy social contact. Underneath our habits, comfort zone, and coping mechanisms is the part of us that knows what we truly need. Take a moment and ask yourself what that is. Just let the answer come to you.

If what you really need is some downtime, resist the temptation to accept another invitation and maybe find a yoga

or meditation class instead. Take a long walk. Find some way to quiet your mind. If, on the other hand, you tend to isolate when what you really need is genuine connection or support, make the effort to reach out to someone – a friend, counselor, spiritual advisor, sponsor, or 12-step group. Seek community. Volunteer. Participate in a group activity that has meaning for you – whether holiday related or not.

Bestow the Gift of Compassion

Unfortunately, many people – especially lawyers – set unrealistically high expectations for themselves and then focus on what they feel are missteps, weaknesses, and failures. At this time of year, we may also place extra pressure on ourselves to celebrate the holidays in a certain way or be the perfect host or hostess. We give compassion to others, but rarely consider giving it to ourselves.

This holiday, think of compassion as the gift to first give yourself. Let go of preconceived ideas about how the holidays should unfold. Resist the temptation to compare yourself with others or with some mythical perfect lawyer (spouse, parent, friend) that doesn't exist. Most people underestimate their contribution and the impact they have in their work and their world. Take a moment to reflect on all the ways you may have made a difference in others' lives. Allow yourself some breathing room – particularly when you feel it is scarce but you need it the most. Extend to yourself the same grace and empathy you would to someone who is special to you.

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Practice Resilience

We are all much more resilient than we might think. It's in our basic human nature to survive and, yes, to thrive. Even under extreme hardship and chronic stress, we can develop our capacity for resilience. Consider whether you've ever relied on any of the following strategies to help you through a difficult situation:

- Making connections
- Avoiding seeing crises as insurmountable problems
- Accepting that change is part of living
- Moving toward your goals
- Taking decisive actions
- Looking for opportunities for self-discovery
- Nurturing a positive view of yourself
- Keeping things in perspective
- Maintaining a hopeful outlook
- Taking care of yourself

These are all resilience-building skills and strategies. For each of us, some of the skills and strategies are more developed than others. You might have one or more that you already consider relative strengths of yours. Choose one or two to focus on this holiday season, and notice opportunities to practice them. Don't view the strategy as one more thing you have to do, but rather as a chance to try on a different perspective.

Holiday traditions will always be with us. This year, start a new tradition. Give yourself the space, connection, compassion, and resilience that you so richly deserve.

Women in Recovery

A support group for women in recovery is meeting at the OAAP. The group is open to all women members of our legal community who are working on their recovery from any substance abuse or addictive behavior.

For additional information, contact OAAP Attorney Counselor Kyra Hazilla, JD, MSW, at 503-226-1057, ext. 13, or at kyrah@oaap.org.

If you would like some help dealing with the challenges you face, call 503-226-1057 or 1-800-321-6227. We are here to help.

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27th Annual Dinner for Lawyers and Judges in Recovery

May 1, 2015 • 5:30 p.m. to 9:30 p.m.
The Sentinel Hotel (formerly the Governor Hotel)
Portland, Oregon

Watch for more information in the next issue of *In Sight*. If you would like an e-mail reminder about the dinner, e-mail jeanneu@oaap.org.



COPING WITH SEASONAL CHANGES

During this dark time of year against the backdrop of gray Pacific Northwest skies, many of us wake up in the dark, go to work in the dark, and return home in the dark. It can be challenging to cope with the change in season. As the days get shorter, many people find themselves feeling sad, irritable, more withdrawn, and less energetic. Some people have more serious mood changes year after year, lasting throughout the fall and winter when there's less natural sunlight. What makes the darkening days challenging, and what can we do about it?

Reduced sunlight in fall and winter can disrupt your body's internal clock or circadian rhythm. This 24-hour "master clock" responds to cues in your surroundings, especially light and darkness. During the day, your brain

Health Insurance CLE

The OAAP will present a free half-day CLE that will include an overview of health insurance coverage, highlights about the impact of federal health care reform (The Patient Protection and Affordable Health Care Act), information about Medicare and Medigap insurance, and information about long-term care insurance.

This seminar will be held on Wednesday, January 28, 2015, from 1:00 p.m. to 5:00 p.m. at the Oregon State Bar Center, 16037 SW Upper Boones Ferry Road, Tigard, Oregon 97224. The program will also be recorded and available at www.osbplf.org.

This seminar qualifies for 3.5 Personal Management Assistance MCLE credits.

The registration deadline is Monday, January 26, 2015. To register, go to www.oaap.org and select CLEs/Workshops, or email the OAAP Program Assistant, jeanneu@oaap.org, with your name, phone number, and six-digit bar number.

For more information about the CLE, please contact OAAP Attorney Counselor Mike Long at 503-226-1057 or 1-800-321-6227, ext. 11, or at mikel@oaap.org.

Save the Date!

OAAP/OWLS Eighth Annual Women's Wellness Retreat April 24 & 25, 2015



Oregon Women Lawyers and the OAAP will hold the eighth annual Women's Wellness Retreat for lawyers and judges on April 24 and 25, 2015, at The Resort at the Mountain in Welches, Oregon. Watch for more information in the next *In Sight*, or contact OAAP Attorney Counselors Shari R. Gregory or Kyra Hazilla at 503-226-1057 or 1-800-321-6227 or sharig@oaap.org or kyrah@oaap.org.

sends signals to other parts of the body to help keep you awake and ready for action. At night, a tiny gland in the brain produces a chemical called melatonin, which helps you sleep. Shortened daylight hours in winter can alter this natural rhythm and lead to seasonal depression in some people.

We can't change our latitude, but there are a few things we can do to help our bodies and brains adjust to this yearly seasonal transition:

- Get as much light as possible during the day. Sit next to a window, walk outside, expose as much skin as weather permits, use artificial lights (full spectrum, cool white, or an agricultural grow light) during Oregon gray days.
- Get exercise daily, outside and during daylight hours, if possible.
- Talk to your doctor about light therapy, supplements, and/or medications.
- Take care of yourself. Socialize. Meditate. Take a real or mental vacation to a relaxing and sunny location!

KYRA M HAZILLA, JD, MSW
OAAP ATTORNEY COUNSELOR

Sources: National Institutes of Health, Mayo Clinic

THE QUALITY OF YOUR LIFE

Lawyers, as a group, are more achievement-oriented than average, and most would say they want to achieve a high quality of living. Quality of life is subjective, however; each of us must define what this means for us personally. There are some global descriptors like comfort, security, good health, achieving a level of excellence in our work, feeling well-connected, or prospering. We usually think that high-quality of living goes beyond meeting our basic needs and ventures into the land of luxury. Despite fantasies of fame and fortune, studies in human development indicate that what contributes most significantly to the quality of life, indeed to life itself, are close, caring relationships.

Current research shows that meaningful emotional attachments are more significant than previously known. Even as we seem to develop into increasingly self-sufficient beings on the physical level (from infancy through adult maturity), we continue to need care, support, and recognition from significant others. This is true in both our personal lives and in our professional roles. There are myriad additional factors that lead to high-quality

Practicing Law With ADD – Portland

Beginning on January 8, 2015, the OAAP will offer a four-week workshop, “Practicing Law With ADD,” facilitated by Portland psychotherapist Greg Crosby, MA, LPC, CGP. The workshop will meet at the OAAP in Portland from 5:30 to 7:30 p.m. on Thursdays. The cost of the workshop will be \$100.

The workshop will help you understand ADD/ADHD; provide you with simple and realistic tools that will improve your ability to organize, plan, and follow through; and offer you strategies to enhance your communication skills. For more information or to register for the workshop, contact Mike Long at mikel@oaap.org or at 503-226-1057 or 1-800-321-6227, ext. 11.

Practicing Law With ADD – Bend

On Friday, March 6, 2015, in Bend, Oregon the OAAP will offer a daylong workshop, “Practicing Law With ADD,” facilitated by Portland psychotherapist Greg Crosby, MA, LPC, CGP. The cost of the workshop will be \$125.

The workshop will help you understand ADD/ADHD; provide you with simple and realistic tools that will improve your ability to organize, plan, and follow through; and offer you strategies to enhance your communication skills. For more information or to register for the workshop, contact Mike Long at mikel@oaap.org or at 503-226-1057 or 1-800-321-6227, ext. 11.

living, of course, but the value of our relationships with others is foundational.

At the University of Toronto’s Quality of Life Research Unit, quality of life is defined as “the degree to which a person enjoys the important possibilities of his or her life.” Their Quality of Life model is based on the categories “being, belonging, and becoming,” respectively, who one is, how one is connected to one’s environment (meaning relational), and whether one achieves his or her personal goals, hopes, and aspirations. This model gives us another way to consider the quality of our lives. You might ask yourself how you feel about the person you are, how your needs for belonging are being met, and how your own adult development is going.

The Oregon State Bar’s Quality of Life Committee aims to encourage members to discover how to live meaningful lives, with the hope of nurturing each lawyer’s personal development. Satisfaction with the life you live, or the sense of contentment you feel in your heart, may be the most significant indicator of the quality of your life. Feeling at ease with yourself is achieved primarily through deep attachments, which develop through the process of recognition by significant others. Recognition doesn’t necessarily mean pub-

lic awards. Sometimes the most satisfying recognition is found in daily interpersonal acknowledgement and appreciation. Approval and validation lead to greater satisfaction and a more productive work life. So you can further your attachment with others by offering recognition, as well as by acknowledging your own need for it.

Given the understanding of how strengthening our bonds with others is key to improving the quality of our lives, here are some suggestions:

- Make eye contact whenever you are speaking or listening to others. Eye contact is a powerful connector. It was the original way we knew our caregivers were tuned into us.

- Listen more, including “active listening” skills like making reflective comments. If you can also reflect how the other might be feeling, showing empathy, all the better.

- Begin a practice of making positive feedback statements, perhaps one each day. Nurturing others will help them intrinsically and will also increase their connection with you.

In closing, I offer you this poem from Maya Angelou (1928-2014).

*We need joy as we need air. We need to love
as we need water.*

We need each other, as we need the earth we share.

*We are blessed that there is within our reach
enough of all we need.*

VIRGINIA TERHAAR, PH.D

The author is a member of the Oregon State Bar Quality of Life Committee.

Women Lawyers' Support Group

In January 2015, OAAP Attorney Counselors Shari R. Gregory and Kyra Hazilla are facilitating a support group for women lawyers in Portland. This free group will meet for 8 sessions on Wednesdays during the noon hour. Participants will gain support for issues related to practicing law, managing stress, and balancing your life. To join this group, please set up a meeting with Shari R. Gregory, LCSW, JD, at 503-226-1057, ext. 14, or at sharig@oaap.org. Group members can access this group by phone or Skype, if needed.

Men's Work-Life Balance Workshop

If you find it challenging to achieve a healthy balance between work and the rest of your life, the OAAP is here to help. Our confidential men's workshop, “Practicing Law While Practicing Life,” provides practical techniques for lawyers to use while exploring topics such as unhealthy stress, self-care, and balancing the demands of work, family, and friends.

This six-week workshop will meet at the OAAP from noon to 1:15 p.m. on Tuesdays, beginning in February 2015. The workshop facilitator will be OAAP Attorney Counselor Douglas S. Querin. There is no fee, but advance registration is required, as space is limited.

To participate in this workshop, please set up an appointment with Douglas S. Querin at 503-226-1057, ext. 12, or at douglasq@oaap.org.

Retreat for Lawyers in Recovery

Menucha Retreat Center • Columbia Gorge • February 6-8, 2015
Presented by “The Other Bar” • Lawyers Helping Lawyers

Join the retreat and be uplifted by Canadian attorneys Ian A. and Scott H. as they share their experience, strength, and hope via the 12 steps. Event brochure and registration available from Jim O. at 503-221-1425 or Mike H. at 503-729-9949. Scholarships available. To view the beautiful Menucha facilities, visit www.menucha.org.

REFLECTIONS ON GRIEF AND LOSS

Last spring, the OAAP held a grief support group in Portland. Lawyers came together to share, learn, cry, and laugh together. The group was co-facilitated by OAAP Attorney Counselor Shari R. Gregory, LCSW, JD, and Michael Kahn, LPC, JD. The participants learned to be open with each other about their loss and its impact on their lives and emotions. As they shared their experiences and listened to others, each person benefited. The losses were not all the same, but the participants could relate to the shared experience of loss. In winter of 2015, Shari and Michael look forward to working together to hold a grief workshop in Salem.

Grief looks different for different people on different days

Every time we grieve, it looks and feels a little bit different. In fact, no two people experience grief exactly the same. There are no hard-and-fast expectations about what grief should look like. It depends on various factors: how the person processes his or her feelings, the circumstances surrounding the death, the relationship with the person who died, the meaning of the loss, and what else is going on in the person's life when the loss occurs.

Grief may cause people to feel numb, sad, depressed, angry, and/or anxious. It can cause changes in sleeping and appetite – sometimes people sleep or eat too much and sometimes not enough. At times, talking to loved ones, therapists, religious leaders, or group members can be very helpful and, at other times, bereaved people would rather express themselves through art, music, journaling, participating in a community activity (e.g., Habitat for Humanity), visiting the cemetery, or quiet time.

During our grief group, participants found it helpful to express their grief through projects that ranged from creating a music CD of grief songs to putting together a photo album of the person who died. In the group and in society, some people find religious grieving rituals comforting, and for others, creating a specific ritual or way to reflect and honor the person who died is extremely helpful. During the group, there was much laughter and some tears. When people grieve, they may

OAAP Notice of Privacy Practices

The Oregon Attorney Assistance Program (OAAP) provides completely confidential assistance, advice, and training to lawyers and judges to encourage them to seek the assistance they need. The confidentiality of the OAAP is protected by ORS 9.568; ORPC 8.3(c)(3); Oregon Code of Judicial Conduct JR 2-104(c); OSB Bylaws, Article 24; and PLF Policies 6.150, 6.200, and 6.300. The OAAP is required by law to maintain the privacy of protected health information and to provide individuals with notice of its legal duties and privacy practices with respect to protected health information. The OAAP is required to abide by the terms of its current privacy practice.

To access a copy of the current OAAP Notice of Privacy Practices, go to www.oaap.org and click on the link to Privacy Notice at the bottom of the home page, or contact OAAP Assistant Director/Privacy Officer Shari R. Gregory at 503-226-1057, ext. 14, or 1-800-321-6227.

feel that having fun would be an insult to the person who died. Participants reminded each other that, although difficult at times, it is okay to continue living life and to experience joy.

Don't get stuck in the idea of a rigid grief model

It is important to understand that the stages-of-grief model, like the one published by Elisabeth Kubler-Ross (denial, anger, bargaining, depression, and acceptance) is not how most people experience grief. Kubler-Ross's studies were with people who were themselves dying, and she was not anticipating that this would be used for a bereavement model. People experience grief in different ways, teaching us there is no "right way to grieve." Learning about other people's grieving process can help someone gain a sense of freedom to grieve in his or her own way. It allows people not to feel weak or bad when they find themselves feeling strong emotions. In addition, understanding and respecting how others grieve are particularly helpful for grieving couples.

The common theme is loss

Although people might be grieving different types of losses with different grieving styles, the common theme is the sense of loss. The primary loss is the death of the person or relationship, and the potential secondary loss can include the death of a dream or change in identity. For example, a couple who lost their child will grieve this horrendous loss, but the dream of their family life is also lost. Part of the healing process will include finding ways to feel whole again and learning to create new dreams.

Grief does not necessarily go away, but it changes

The intensity and regularity of the emotions and reactions usually level off with time, but grief does not disappear. Years after a loss, something could happen – you could hear a song or find a letter – that could trigger some of those familiar emotions. But they won't last nearly as long, and the experience will more likely have positive memories and emotions mixed in. When we first grieve, it encompasses us and, as time passes, we encompass it.

How to comfort someone who is grieving

When talking to a person who is grieving, realize that there are no “right” words. If you are struggling, you could say, “I want to be here to support you, but I don't know what to say.” And don't feel like you have to

Salem Grief and Loss Support Workshop for Lawyers

The OAAP is offering a two-evening workshop for lawyers who are working through the grieving process. This confidential workshop will focus on grief, life after losing a loved one, healing, and resiliency, and will be co-facilitated by Michael Kahn, LPC, JD, and OAAP Attorney Counselor Shari R. Gregory, LCSW, JD.

The workshop will take place in February 2015. Specific date and location are to be determined soon.

To participate in this workshop or for more information, please set up a phone meeting with Shari R. Gregory at sharig@oaap.org or at 503-226-1057 or 1-800-321-6227 ext. 14.

Mindfulness Group

Beginning in spring 2015, the OAAP will be forming a group for lawyers who want to learn how to implement mindfulness-based practices in their lives. The group will be facilitated by OAAP Attorney Counselor Kyra Hazilla, JD, MSW, and by Portland lawyer Shannon Wilson. If you are interested in this group, or for more information, please contact Kyra Hazilla at 503-226-1057 or 1-800-321-6227, ext. 13, or at kyrah@oaap.org.

say anything. Simply being in someone's presence and willing to listen can be very powerful even if the person says very little. You are supporting the person's unique grieving style.

If you are offering assistance, it helps to be specific. Perhaps you can provide rides for someone, help with errands, or bring or prepare meals. You could ask the grieving person if he or she would like to go to the movies or to participate in an activity. At times, grieving people are experiencing loneliness and having someone to assist them or join them in an enjoyable activity can be fulfilling. Remember to respect their needs however they respond. For example, the person may think a movie is a good idea and then need to leave half way through it. The griever knows his or her needs better than anyone else.

Sometimes from grief/loss comes growth

There has been some research about changes in people who have had experiences with loss. Growth can show up in how they relate to others, a realization of their inner strength, a new appreciation for aspects of their life, how they see the world, and spiritual changes. To be clear, nothing good comes from the loss of someone close to you, but sometimes dealing with the loss can lead to growth in some of the above areas.

A final note on grief

If you are grieving, allowing yourself to experience all of your emotions (including “positive” emotions) helps you heal. If you would like help, call the OAAP 503-226-1057 or 1-800-321-6227 for free and confidential assistance.

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LAWYERS IN TRANSITION CALENDAR

Lawyers in Transition is a networking, educational, and support group for lawyers and judges making job or career transitions. The group meets on Thursdays at noon in the OAAP offices at **520 SW Yamhill, Suite 1050, Portland**. If you are interested in attending, please contact Kyra M. Hazilla, 503-226-1057, ext. 13, or Mike Long, ext. 11. A guest speaker for Lawyers in Transition is featured on the first Thursday of each month. These meetings are open for anyone to attend. See the calendar below for scheduled speakers.

The OAAP also occasionally presents career workshops to assist lawyers, judges, and law students in identifying satisfying job and career opportunities. These workshops typically meet one evening per week from 5:30 to 8:00 p.m. for six consecutive weeks. If you would like additional information about the OAAP career workshops, call Kyra M. Hazilla or Mike Long at 503-226-1057 or 1-800-321-6227.

Jan. 1, 2015 HOLIDAY BREAK

Feb. 5, 2015 **Gina Atwood** **Private practice to Senior Program Manager for Governance, Global Product Licensing at Nike**

March 5, 2015 **David Ross** **“Navigating Late Career Transitions”**

April 2, 2015 **Stan Austin** **Law firm partner to in-house counsel at Moda Health**

For current information on upcoming Lawyers in Transition speakers and topics, please visit the OAAP website at www.oaap.org and click on CLEs/Workshops.