

## Habits of a Healthy Mind

### AGENDA

Being mindful of mental health is as vital as caretaking one's physical health. In its recent groundbreaking study, the American Bar Association found that:

- 28% of lawyers are depressed
- 23% are chronically stressed
- 9% have heightened anxiety

Research in mind-body medicine, neurobiology, and positive psychology, have recognized that there are specific practices for optimizing psychological well-being and that these skills can be learned through education and practical application. This session is based on those research findings.

This seminar discusses ten applications that support flourishing and optimal functioning. Though attitudes and habits can seem difficult to change, the good news is that research demonstrates that these **Habits of a Healthy Mind** are all skills that can be learned and that they enhance wellbeing, relationships, work performance and the ability to deliver quality legal services.

In this session participants will learn:

- Effective strategies for developing and optimizing psychological well-being
- The science behind optimism and pessimism and the connection to legal professionals
- How to deal with unrelenting worries and negative thoughts
- Tips to develop a more flexible perspective when encountering barriers
- Resilient ways of thinking for improved life satisfaction, focus, and overall well-being

For more information on this workshop call us at 416-999-9178 or  
email [marla@forhealth.ca](mailto:marla@forhealth.ca)