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TACKLING DECISION FATIGUE

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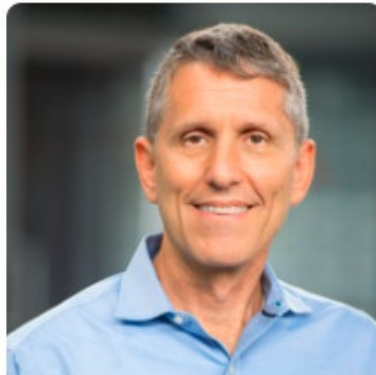
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Lederman**

Lawyer Counsellor



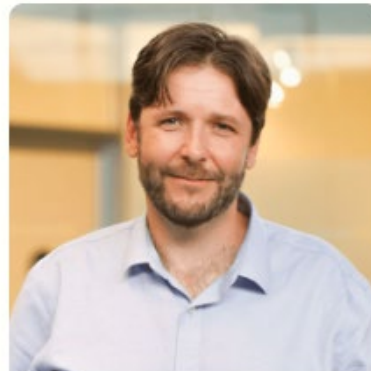
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Lawyer Counsellor



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Lawyer Coach

Land Acknowledgement

We, at LAPBC, acknowledge our offices are located on the ancestral and traditional territory of the x̣ẉməθḳẉəỵəm (Musqueam), seḷḷẉiṭuḷh (Tsleil Waututh), and sḳẉx̣ẉụ́7̣mesh (Squamish) peoples, to whom we are grateful for their stewardship of these lands and waters for generations.

Agenda:

- ❑ LAPBC Intro
- ❑ Who are we as legal professionals?
- ❑ Defining Decision Fatigue and how did we get here?
- ❑ Building back using organizational tools, self-compassion and fundamental shifts in well-being
- ❑ Addressing Burnout

Lawyers have high standards!



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We are stress tolerant



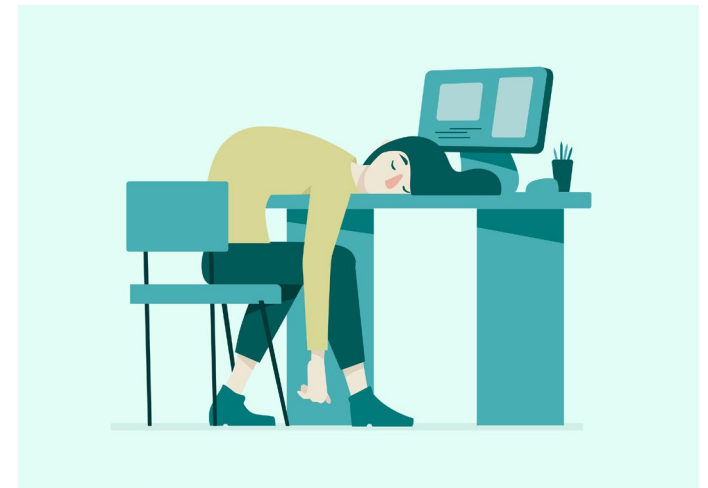
Decision Fatigue

The mental and emotional strain resulting from the burden of making choices.

Roy F Baumeister, Social Psychologist

Signs of Decision Fatigue

- ✓ Decision Avoidance
- ✓ Impulsivity
- ✓ Exhaustion
- ✓ Brain Fog
- ✓ Irritability
- ✓ Feelings of Overwhelm
- ✓ Buyer's Remorse
- ✓ Physical signs of tension
- ✓ Impaired judgement



Definition of **Burnout**

Dr. Christina Maslach, Psychologist, in 1976 saw burnout as a process filled with:

- ✓ Emotional exhaustion - fatigue that comes from caring too much for too long - decrease of caring, empathy
- ✓ Decreased sense of accomplishment - incomparable sense of futility
- ✓ Depersonalization - incomparable sense of futility

Decision Fatigue **Antidotes**

- Rest and Restore
- Self-awareness, reflection and compassion
- Streamline Choices
- Create Routines
- Communicate and Delegate
- Prioritize bigger decision making during optimal hours

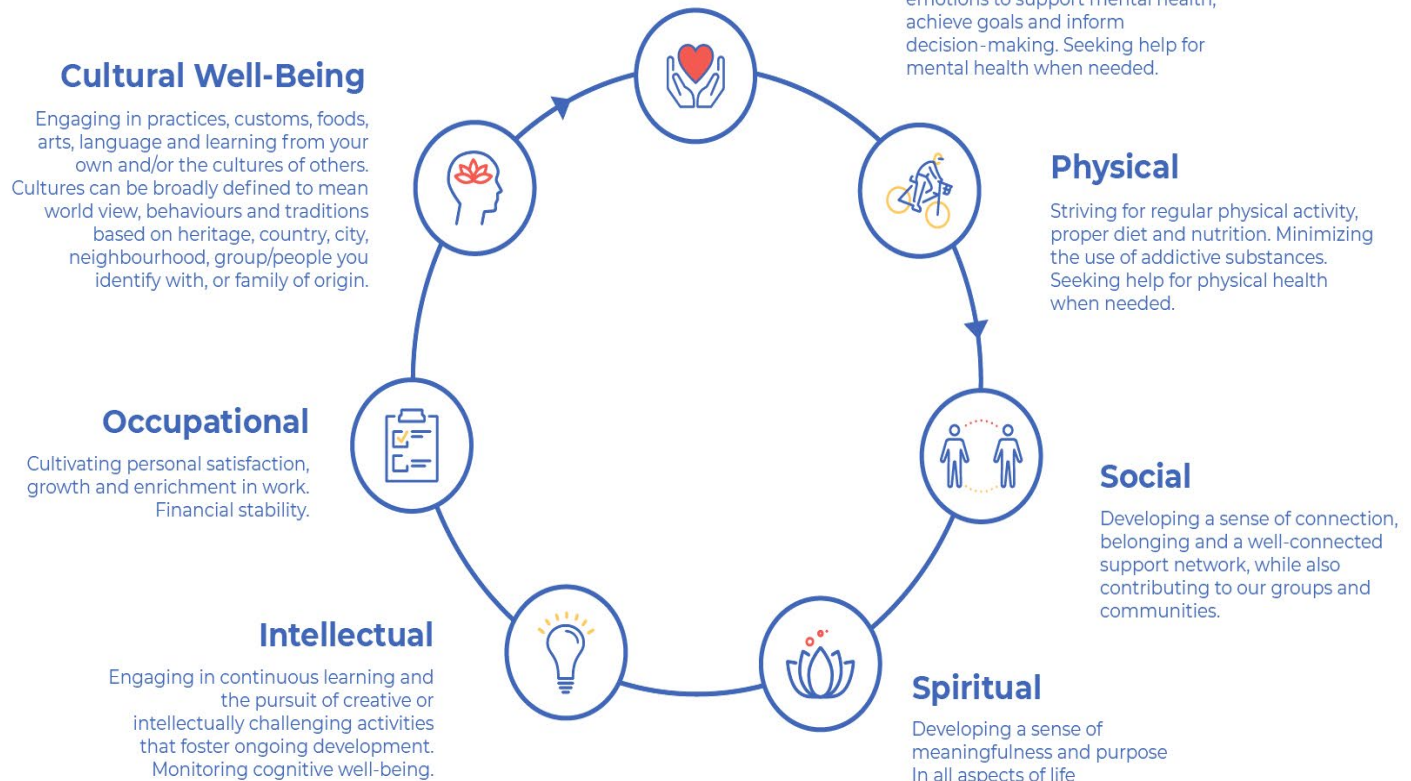
Rest and Restore



- Return
- Reinstate
- Rehabilitate
- Re-establish
- Renew

Lawyer Well-Being

A continuous process in which lawyers strive for thriving in each dimension of their lives



Values and Self-Awareness

- ❑ How am I doing?
- ❑ What do I want?
- ❑ What do I need?



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Self-Compassion



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Assessing Our Mental Health

MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
<p>Normal fluctuations in mood Takes things in stride Good sense of humour Consistent performance Physically & socially active Confident in self & others Drinking in moderation</p>	<p>Nervousness, irritability Sadness, overwhelmed Displaced sarcasm Procrastination Forgetfulness Trouble sleeping Low energy Muscle tension, headaches Missing an occasional class or deadline Decreased social activity Drinking regularly or in binges to manage stress</p>	<p>Anxiety, anger Pervasive sadness, tearfulness, hopelessness, worthlessness Negative attitude Difficulty concentrating Trouble making decisions Decreased performance, regularly missing classes/deadlines, or over work Restless, disturbed sleep Avoidance, social withdrawal Increase used of alcohol-hard to control</p>	<p>Excessive anxiety Panic attacks Easily enraged, aggressive Depressed mood, numb Cannot concentrate Inability to make decisions Cannot fall asleep/stay asleep Constant fatigue, illness Absent from social events/classes Suicidal thoughts/intent Unusual sensory experiences (hearing or seeing things) Alcohol or other addiction</p>
<p>Nurture support systems.</p>	<p>Recognize limits, take breaks, identify problems early, seek support.</p>	<p>Tune into own signs of distress. Talk to someone, ask for help. Make self-care a priority. Don't withdraw.</p>	<p>Seek professional care. Follow recommendations.</p>

Streamline Decision Making

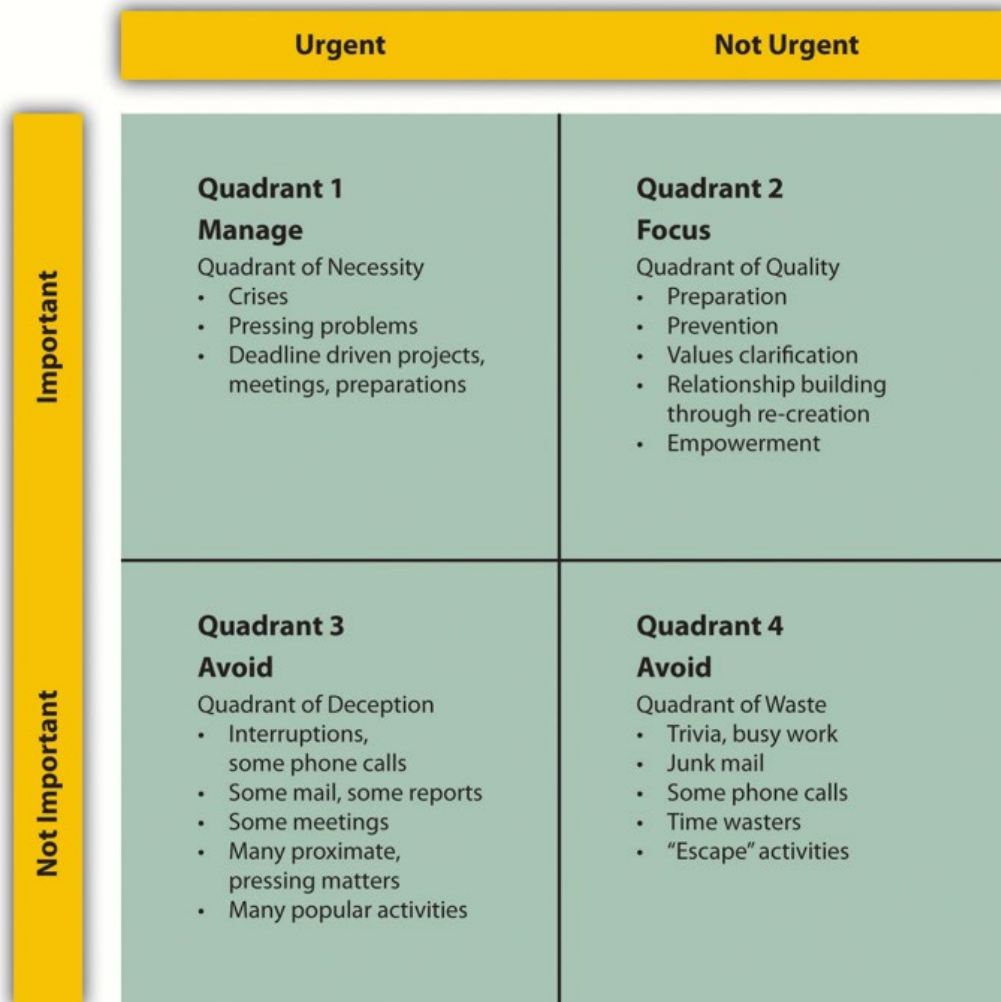


Create Routines



- Optimize time
- Clarity
- Efficiency
- Effectiveness
- Time for self
- Less decision

Prioritizing Work- Stephen Covey



Work Preparation and Readiness

- Clear communication of needs
- Availability of people help
- Time
- Appropriate tools
- Information
- Knowledge
- Skills



4 Steps to Center Ourselves



- Pause
- Compassion
- Process
- Connect

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