

Getting Real In Real Estate

Finding Perspective, Resiliency, and Fulfillment in Your Practice

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Getting Real In Real Estate



AMERICAN **BAR** ASSOCIATION

Commission on Lawyer
Assistance Programs



Hazelden Betty Ford
Foundation



WCLP

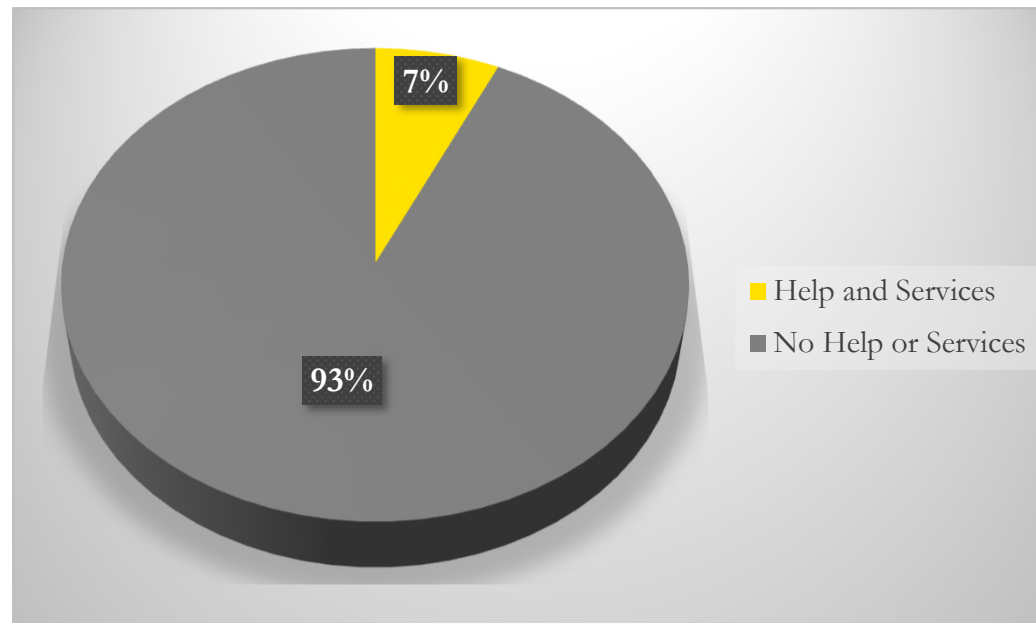
Well-being Committee For The Legal Profession

2016: ABA/Hazelden Betty Ford

- Substance Abuse
 - “Problematic Drinking” meaning hazardous and possibly dependent
 - General public: 6.4%
 - Attorneys: 21%
 - Attorneys Under 30: 36%

2016: ABA/Hazelden Betty Ford

- Substance Abuse

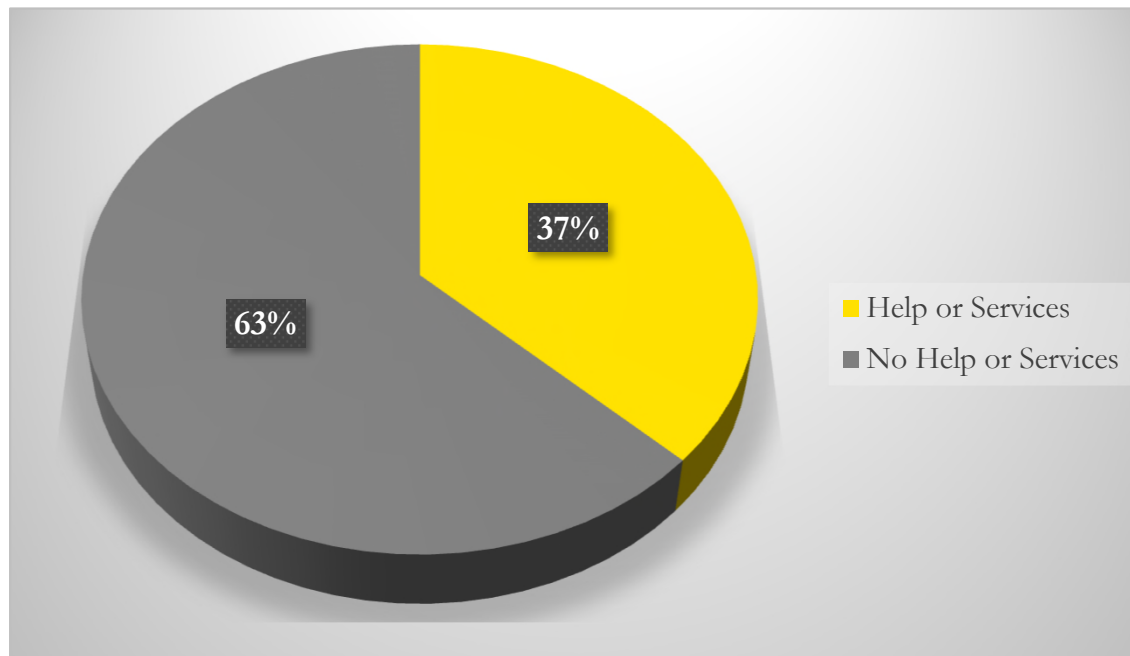


2016: ABA/Hazelden Betty Ford

- Mental Wellness
 - Depression
 - General public: 7.1%
 - Attorneys: 28%
 - Anxiety (GAD, not panic or phobias)
 - General Public: 3.1%
 - Attorneys: 19%
 - Suicidality
 - General Public: 4%
 - Attorneys: 11.5%

2016: ABA/Hazelden Betty Ford

- Mental Wellness



**National Suicide Lifeline:
1.800.273.8255**

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PERSPECTIVE

RESILIENCY

FULFILLMENT

A mental view or prospect

PERSPECTIVE

RESILIENCY

FULFILLMENT

A visible scene

PERSPECTIVE

RESILIENCY

FULFILLMENT

A point of view

PERSPECTIVE

RESILIENCY

FULFILLMENT

The interrelation in which a subject and its parts are mentally viewed

PERSPECTIVE

RESILIENCY

FULFILLMENT

The capacity to view things in their true relation or relative importance

PERSPECTIVE

RESILIENCY

FULFILLMENT



PERSPECTIVE

RESILIENCY

FULFILLMENT



PERSPECTIVE
RESILIENCY
FULFILLMENT

An ability to recover from or adjust easily to misfortune or change

PERSPECTIVE
RESILIENCY
FULFILLMENT

Ability to adapt

PERSPECTIVE
RESILIENCY
FULFILLMENT

The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress

PERSPECTIVE
RESILIENCY
FULFILLMENT



PERSPECTIVE
RESILIENCY
FULFILLMENT

- Acceptance & Recognition
- Commitment
- Active Engagement
- Change = Opportunity

PERSPECTIVE
RESILIENCY
FULFILLMENT

Relationships
Service
Surrender
Satisfaction
Confidence
Gratitude
Mindfulness
Wellness



PERSPECTIVE
RESILIENCY
FULFILLMENT

The achievement of something desired,
promised, or predicted

PERSPECTIVE
RESILIENCY
FULFILLMENT

A sense of meaning and purpose

PERSPECTIVE
RESILIENCY
FULFILLMENT



PERSPECTIVE
RESILIENCY
FULFILLMENT



PERSPECTIVE
RESILIENCY
FULFILLMENT

- Gratitude
- Challenge and Growth
- Contribute to Others
- Live in the Moment

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