



**PROGRAM MATERIALS**

**Program #35109**

**August 4, 2025**

# **Shackled to Our Screens How Technology Has Imprisoned the Legal Profession - A 2025 Update**

**Copyright ©2025 by**

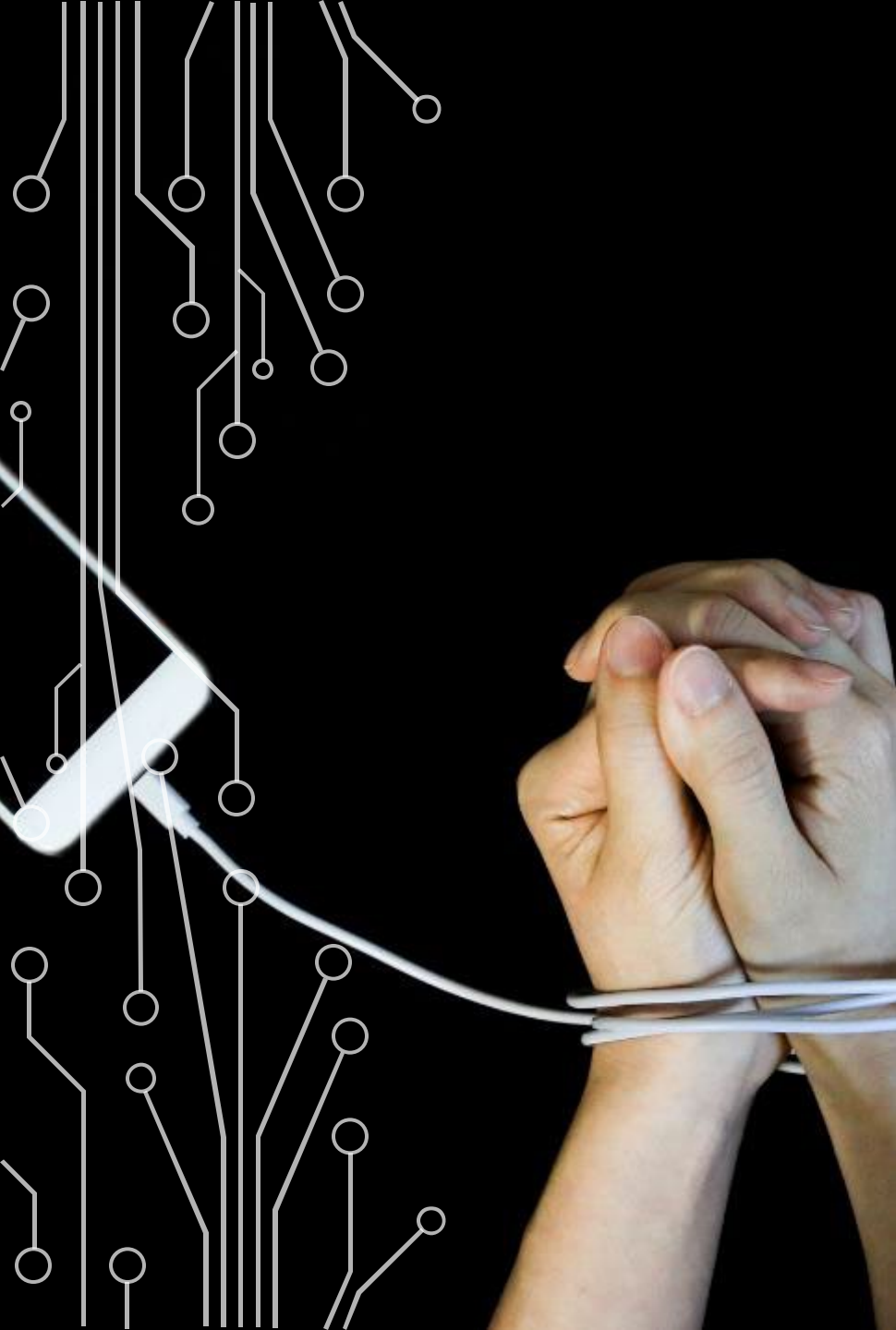
- **Laurie Besden, Esq. - Lawyers Concerned for  
lawyers PA**

**All Rights Reserved.  
Licensed to Celesq®, Inc.**

---

**Celesq® AttorneysEd Center**  
**[www.celesq.com](http://www.celesq.com)**

**5301 North Federal Highway, Suite 150, Boca Raton, FL 33487**  
**Phone 561-241-1919**



# **SHACKLED TO OUR SCREENS: HOW TECHNOLOGY HAS IMPRISONED THE LEGAL PROFESSION**

## **PRESENTED BY**

LAURIE J. BESDEN, ESQUIRE

[LAURIE@LCLPA.ORG](mailto:LAURIE@LCLPA.ORG)

EXECUTIVE DIRECTOR

LAWYERS CONCERNED FOR LAWYERS OF PENNSYLVANIA

JUDGES CONCERNED FOR JUDGES OF PENNSYLVANIA





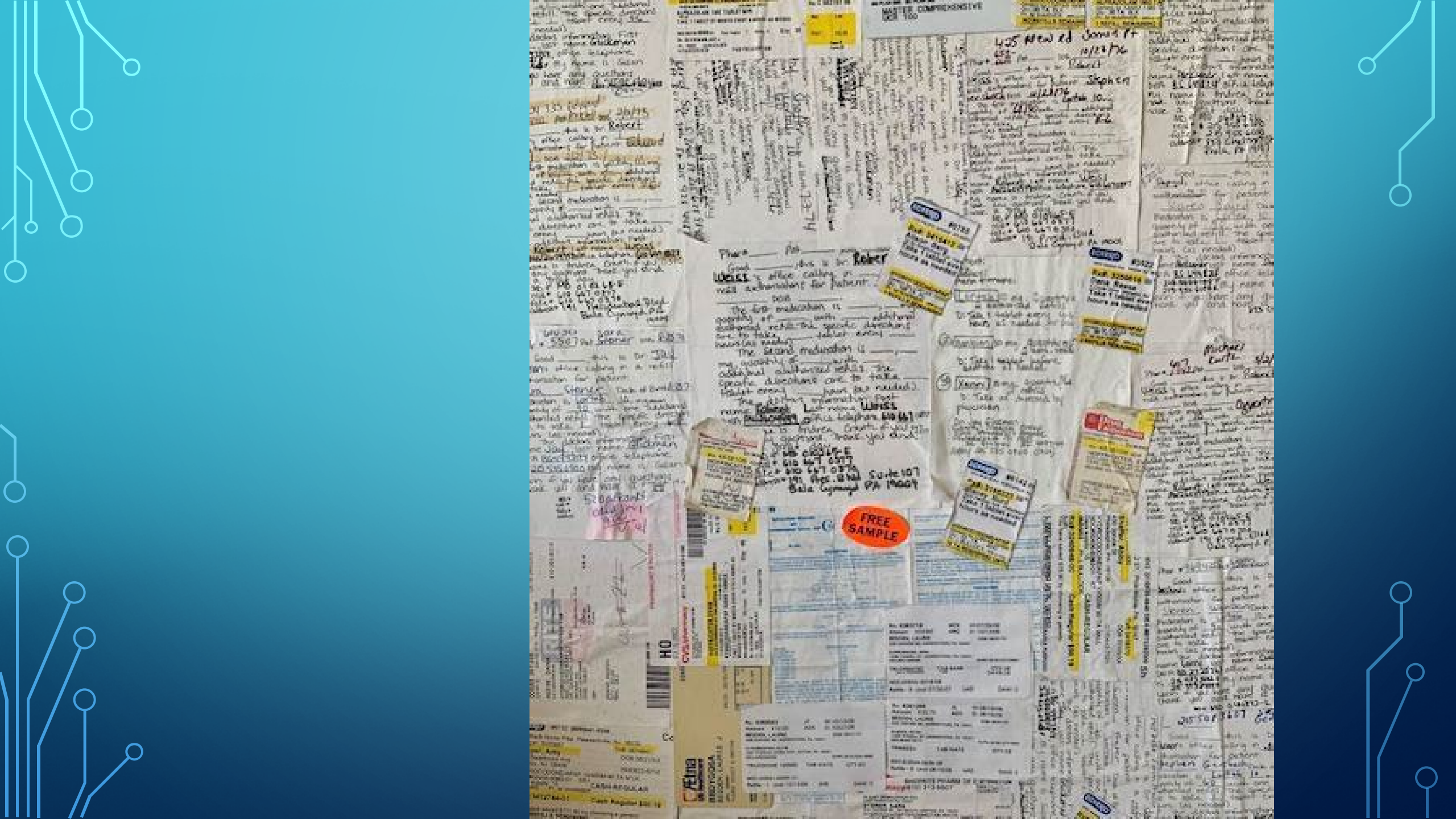






























**Patti Bednarik**

November 20, 2012 · Harrisburg · 

Do you know how uncomfortable it is fundraising for a cause and asking people that you know for money? Well let me tell you, that is nothing compared to the situation that I'm in. I'm in desperate need of kidney. Most folks have two and both of mine are failing due to a disease called PKD. I've put this off for as long as I possibly can but my kidney function is down to 15% and I need a kidney to live and I need it soon. If you are willing to be tested to see if you are a potential donor for me, please contact me or Angela Barber at UPMC Transplant Center 412 647-5489 to find out more information. If you are willing to be tested to be my donor but you don't want to be placed on a general donor list, that is easily do-able. Making this request is one of the hardest things that I've had to do but I don't have options. I know that this is asking a lot but please consider this...and have a happy Thanksgiving!~ [Patti Bednarik](#)











THE SUPREME COURT OF PENNSYLVANIA  
PENNSYLVANIA JUDICIAL CENTER  
601 COMMONWEALTH AVENUE, 8TH FLOOR  
P.O. BOX 60828  
HARRISBURG, PA 17106-0828

THOMAS G. SAYLOR  
CHIEF JUSTICE

(717) 772-1599

November 6, 2019

Board of Pardons  
333 Market Street, 15th Floor  
Harrisburg, PA 17101

Dear Honorable Members of the Board of Pardons:

I write in support of the application of Laurie Besden for a gubernatorial pardon. I cannot imagine a more deserving applicant. Since achieving sobriety, she has devoted her life, both professional and personal, to serving others. She is the embodiment of successful rehabilitation, turning her own life around and then working tirelessly and selflessly to help others do the same.

Beginning in 2011, Laurie has worked for Lawyers Concerned for Lawyers of Pennsylvania (LCL), serving as executive director since 2015. As Chief Justice of Pennsylvania, I am closely familiar with the important work of that organization. By helping lawyers and judges address substance abuse and mental health problems, LCL provides enormous benefit to our judicial system, the legal profession, and society at large. Under Laurie's leadership, LCL now reaches more and more lawyers and judges before their problems spiral out of control, saving lives, protecting the public, and reducing the burden on our disciplinary bodies. For so many lawyers and judges, she is truly a steady hand in rough seas.

In sum, I support Laurie's pardon application without qualification.

Sincerely,

  
Thomas G. Saylor





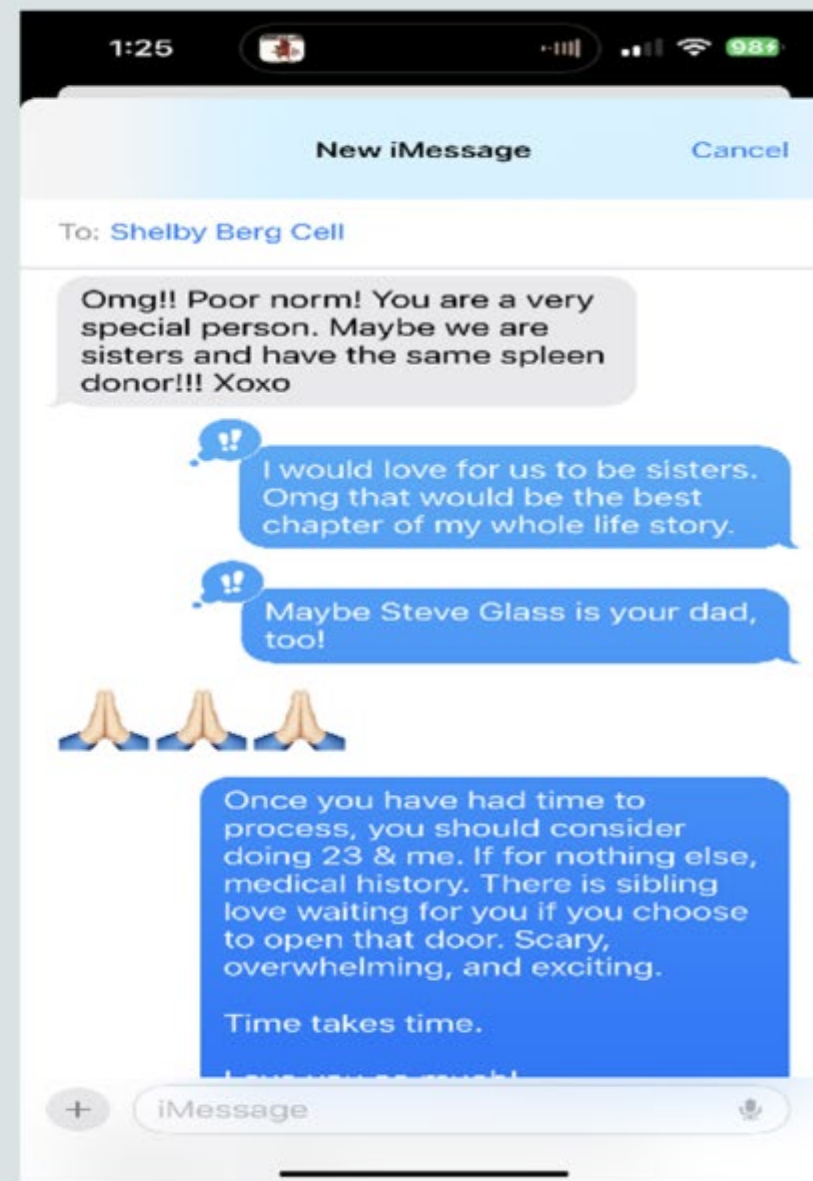
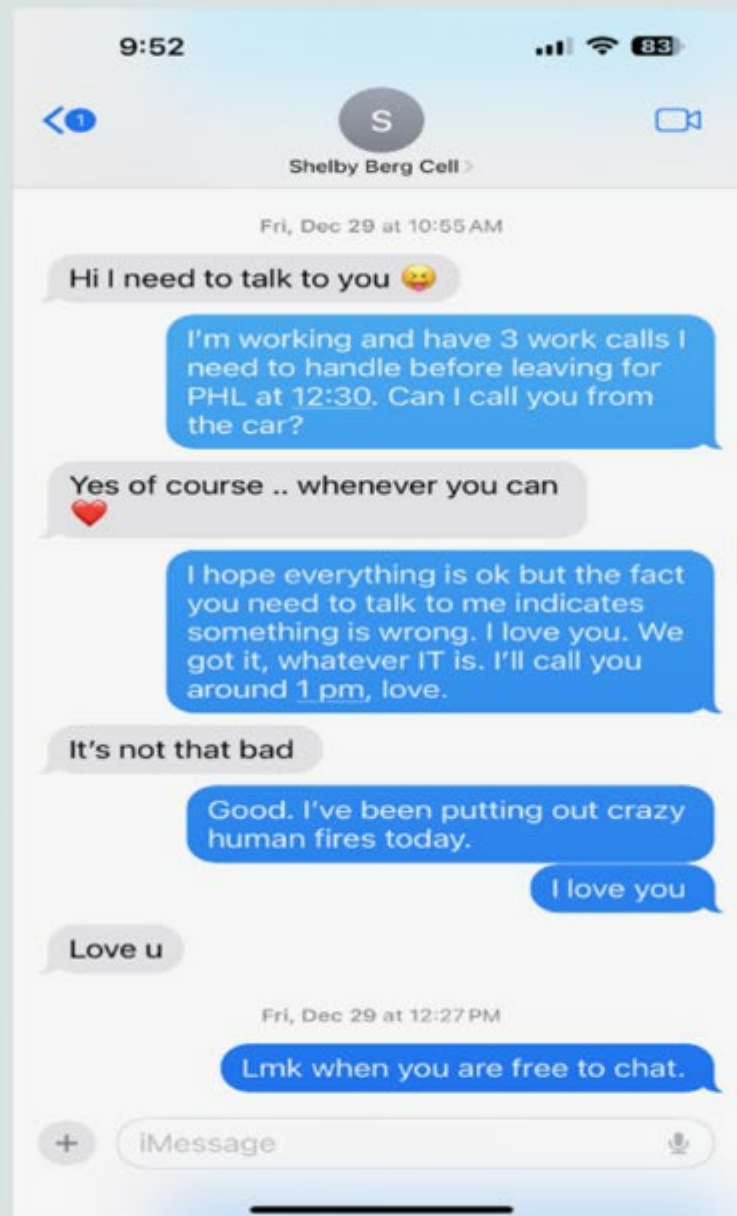




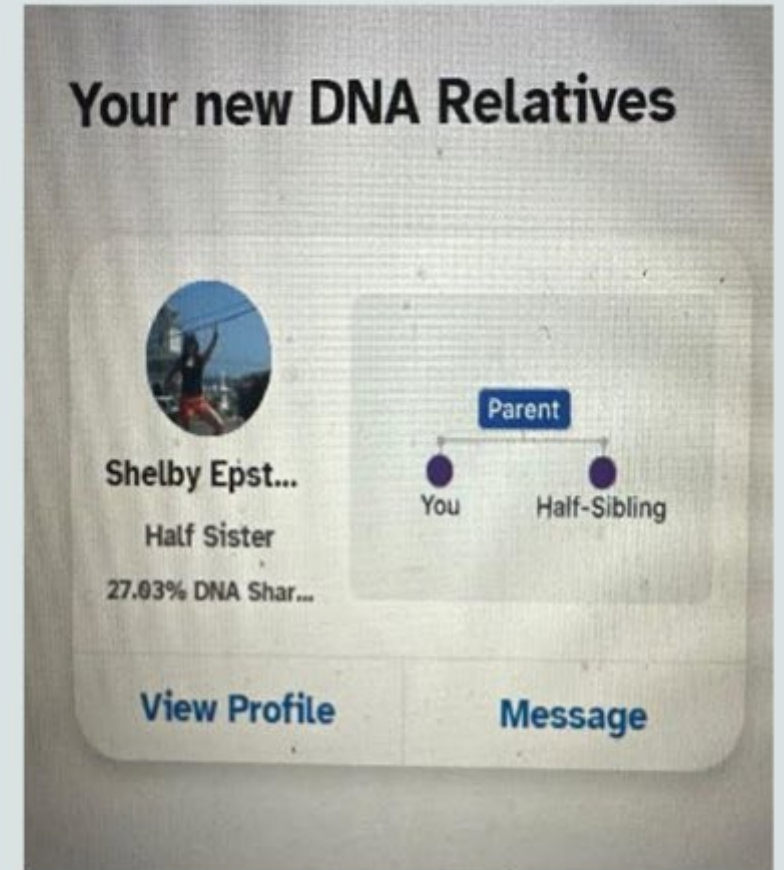
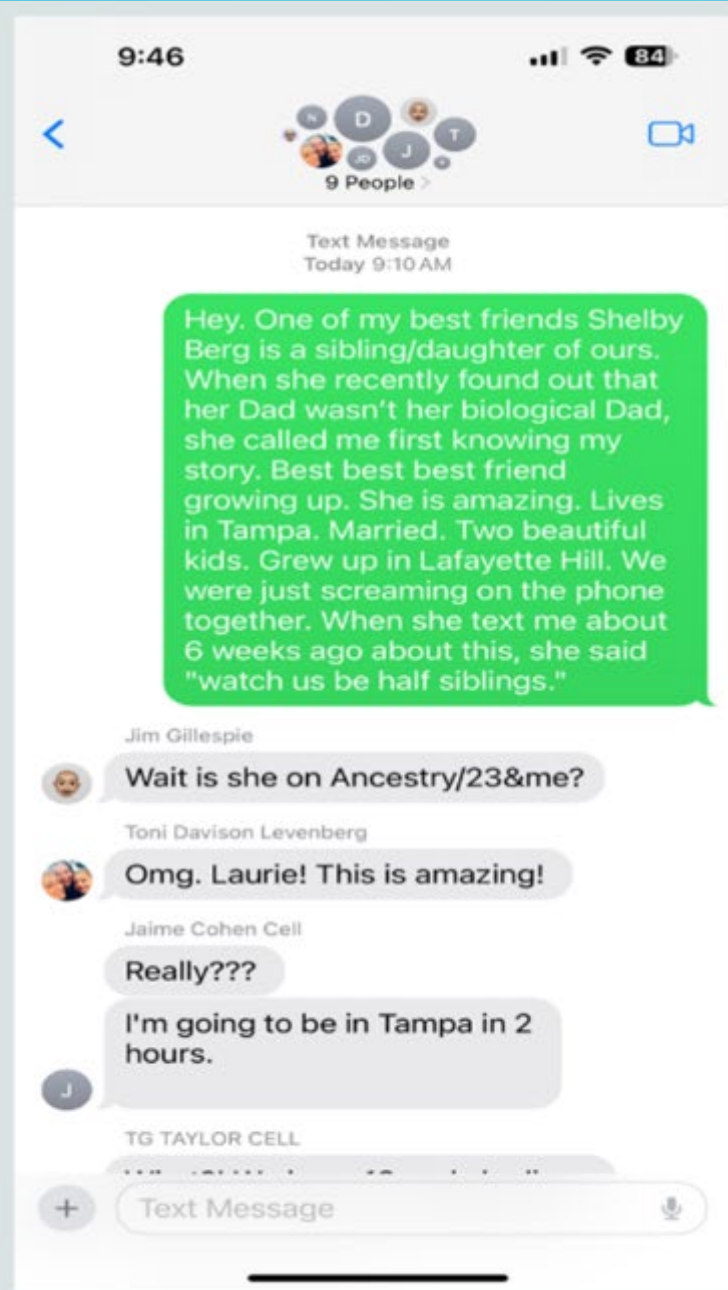
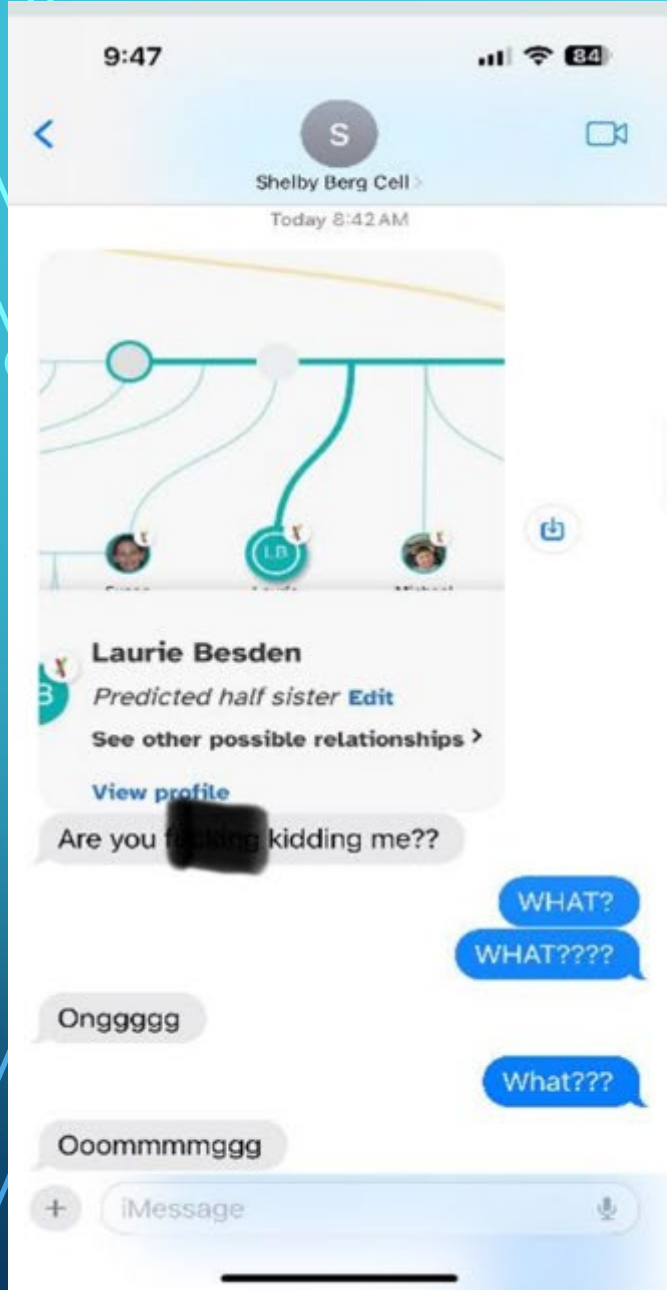






























## **The MAGIC of the Criminal Justice System**

Judge William R. Carpenter,  
James Barker, Chief Justice  
Emeritus Saylor, Laurie J. Besden













# LAWYERS CONCERNED FOR LAWYERS — PENNSYLVANIA —

**Confidential Helpline 1-888-999-1941**


*24 hours a day, 7 days a week, 365 days a year*

**[www.lclpa.org](http://www.lclpa.org)**

Our services are free, confidential, non-judgmental and non-obligatory.

- ✓ Free information and literature
- ✓ Free evaluation by a healthcare professional
- ✓ Free assistance with interventions
- ✓ Peer support
- ✓ 13 Lawyer/Judges only support group meetings (11 on zoom)
- ✓ LCL staff support

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)



# OVERDOSE STATISTICS IN THE UNITED STATES (GEN. POP.)

WWW.LCLPA.ORG

**2023 – 105,007**

2022 – 110,000

2021 – 107,000

2020 – 93,000

2019 - 72,000

2018 - 67,367

1988 – 9,000 (crack epidemic)

1970 – 7,200 (heroin epidemic)

<https://www.ama-assn.org/system/files/issue-brief-increases-in-opioid-related-overdose.pdf>





## LCL/JCJ TRENDS

WWW.LCLPA.ORG

**2017** – 483 40% MH \*record breaking year

**2018** – 600 43% MH \*record breaking year

**2019** – 644 58% MH \*record breaking year

**2020** – 504 69% MH

**2021** – 674 77% MH \*record breaking year

**2022** – 74% MH \*record breaking year

**2023** – 73% MH

**2024** – 74% MH

<https://www.lclpa.org/about/>





## **LCL/JCJ PRESENTING CONCERNS IN 2024....**

- |               |     |
|---------------|-----|
| 1. stress     | 25% |
| 2. alcohol    | 20% |
| 3. anxiety    | 12% |
| 4. depression | 8%  |
| 5. grief      | 4%  |

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)





# “MULTI-TASKING”

- 2.5% of adults successfully multi-task; 97.5% monotask (and task switch very quickly)
- Can only focus on one function using executive part of the brain at once
- The more we “multi-task,” the more time we lose switching gears due to the ‘task switch cost’
- “multi-tasking” or believing we are “multi-tasking” decreases productivity 60%, increases errors and frustration

**SOLUTION:** time blocking (time chunking/monotasking)

<https://health.clevelandclinic.org/science-clear-multitasking-doesnt-work/>

<https://www.verywellmind.com/how-to-use-time-blocking-to-manage-your-day-4797509>

WWW.LCLPA.ORG

# ADHD

(ATTENTION DEFICIT HYPERACTIVITY DISORDER):

NOT A LACK OF WILLPOWER; STEMS FROM BRAIN CHEMICALS IMPACTING MANAGEMENT SYSTEM

- General US Population: 4.4% - 11% versus the Legal Profession: 12.5%
- 75-80% of adults are not diagnosed and not treated
- Causes: 88% genetic (plus environmental factors, brain wiring, and neurocognitive function)
- You don't "grow out" or "mature out of" ADHD
- You can exhibit symptoms for the first time as an adult
- People with ADHD are six times more likely to have psychiatric disorders, learning disorders, and other related conditions

<https://thejdhd.com/adhd-101/>

WWW.LCLPA.ORG



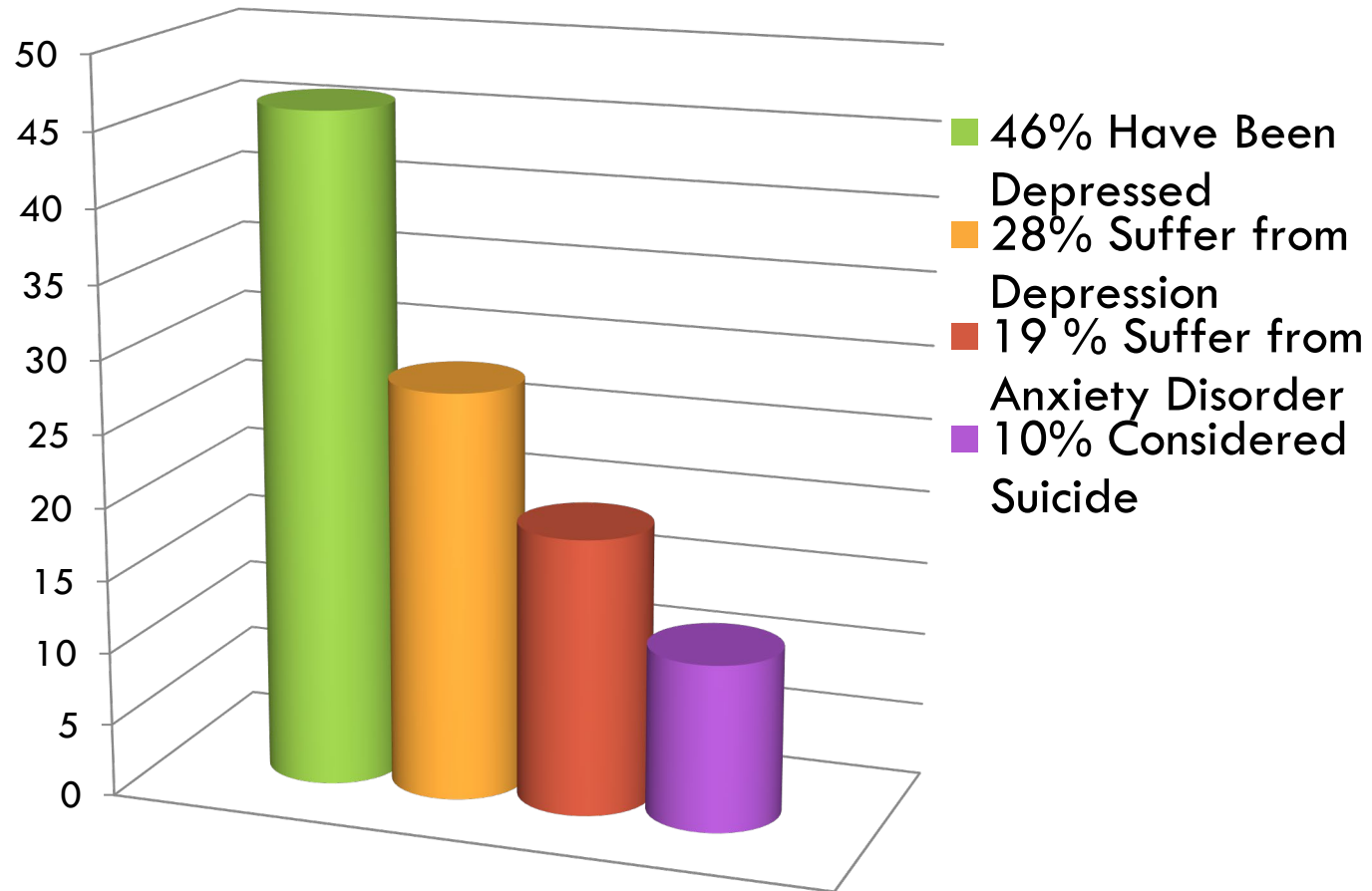
# ADHD: SIGNS/SYMPTOMS IN ADULTS

- Concentration and focus
- Hyperfocus
- Impulsiveness
- The emotional rollercoaster
- Feeling restless and hyperactive
- **MANAGE YOUR ADULT ADHD** with sleep (7-9 hours/night), diet, exercise, become an ADHD time management master, make time for family/friends, practice mindfulness, build a supportive work environment (lack of clutter), and seek professional help, if needed/your life is impacted.

<https://thejdhd.com/adhd-101/>

WWW.LCLPA.ORG

## 2016 ABA STUDY OF ALMOST 13,000 ATTORNEYS/JUDGES: MENTAL HEALTH CHALLENGES







# QUARANTINE IMPACT ON MENTAL HEALTH

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)

- In a study of 129 participants during quarantine, 28.9% had symptoms of PTSD and 31% had symptoms of depression.
- 24 studies documented that quarantined people developed symptoms of low mood, anxiety, and depressive disorders.
- 1/3 of Americans reported Coronavirus has had a serious impact on their mental well-being, including increasing their dependence on screens.
- delayed PTSD/grief

# THE VIRTUAL WORLD; PRE-PANDEMIC!!

*“Workers today are ‘never turned off.’ Like our mobile phones, we only go on standby at the end of the day as we crawl into bed, exhausted. Technology was supposed to liberate us from much daily slog...in 2002 fewer than 10% checked work email outside of work, today it is 50% often before we get out of bed...”*

[www.theguardian.com/lifeandstyle2018/jan/15](http://www.theguardian.com/lifeandstyle2018/jan/15)  
WWW.LCLPA.ORG







# TRAUMA

trau·ma

'troumƏ, 'trômƏ/

*noun*

noun: **trauma**; plural noun:  
**traumata**; plural noun: **traumas**

1.

A deeply distressing or disturbing experience. An emotional upset.

“LOVE, GRATITUDE, and a FAVOR...”

TEXAS LAWYERS CONCERNED  
FOR LAWYERS

32<sup>ND</sup> ANNUAL CONVENTION

DALLAS, TEXAS

DOUBLETREE BY HILTON HOTEL  
8250 N. CENTRAL EXPRESSWAY  
DALLAS, TEXAS 75207  
214-691-8700

SATURDAY EVENING

6:45-9:00	Banquet
6:45-7:30	Dinner
7:30-7:40	Sheeran Crowley Lawyer Wellness Trust Report: Mike Lee
7:40-8:00	Ralph Mock Award Presentation: David Williams
8:00-9:00	Speaker: Laurie Besden, Director, Pennsylvania LCL, “Don’t Give Up Five Minutes Before the Miracle”
9:30-10:30	Night Owl Open AA Meeting (Main Room)

Sent: Saturday, June 8, 2024 8:00 AM  
To: Laurie Besden <laurie@lclpa.org>  
Subject: Love, gratitude, and a favor

Laurie:

I love you my friend. I'm so grateful to you for some many things: saving my life a couple of times, and introducing me to both Milo and especially Dayzi (she was one of a kind!)

It feels unfair for me to write this to you, but if you're reading this email, I have passed on from this world, by my choice and hand. (I'm writing this Thursday evening but using Google mail to delay sending until Friday afternoon.)

This was not a sudden decision. I figured this day would come for about 6 months now. I have spent most of my adult life crushed by anxiety and depression, and I'm simply exhausted. The timing is driven by finances. I'm broke, I've got a variety of health issues and have been without insurance for 8 years. But mostly, I'm just exhausted by the mental health issues and have dreaded getting older, broke and in poor physical and mental health.

One more thing that may not matter but is important to me, even now. I was very proud to mark 34 years of sobriety on Memorial Day. If I had a preference, I would end things with an overdose, just going to sleep but not waking up. But I was worried about getting someone in legal trouble for selling me narcotics. So my departure will be less gentle. For courage and pain killer, I've picked up some Jack Daniels as both a pain killer and as liquid courage. For some reason I want to stress that I didn't relapse sometime ago and ended up deciding to take my life. Rather, I decided to take this step and then bought the booze to facilitate. It's a little bit funny that I'm acknowledging that my mental health is bad while stressing my recovery was sound to the end.

So I'm exactly where I want to be, but I feel very badly that I wasn't able to make arrangements for Milo. I'm leaving a note for XX Twp. first responders to contact Canine Rescue of Central PA, but I'm not really sure what they'll do when they find Milo alone with me. If you could figure out a way to make sure Milo gets to where he can be taken care of, I'd be very grateful. I've gathered all of his toys, and food, and stuff to go with him, I just want to make sure someone is looking out for him.

Please forgive me for my final act, but I'm looking forward to finding some peace at last. Thank you my friend.

With much love and gratitude.



# THE NEGATIVE IMPACTS OF TECHNOLOGY ON ALL OF US

- Inundates non-stop with information that causes anxiety
- Reminder of tasks not performed and needs not yet met
- Distracts from making progress on important work and staying focused
- Impacts self-concept, self-esteem, and expectations negatively

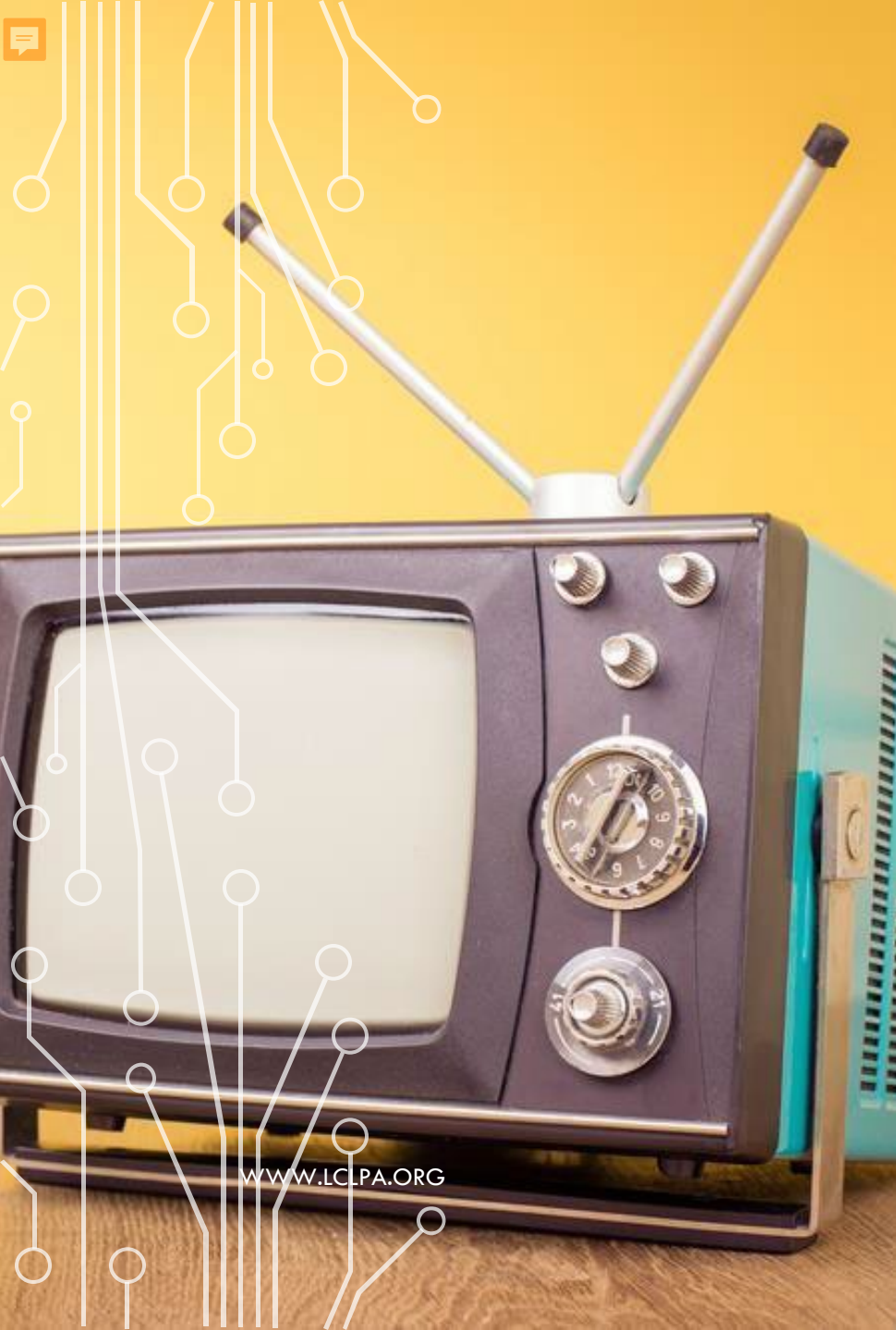
[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)



## THE NEGATIVE IMPACTS OF TECHNOLOGY (CONTINUED)

- Wastes time so that self-care time and sleep time is impacted
- Results in an addictive cycle of stimulation (dopamine) and hard to quit dependencies
- Prevents healthy social interaction/substitutes for actual social interaction
- Prevents focus and concentration on work/cases/dockets





# TELEVISION

- Americans between 25 and 34 watch 26.5 hours per week of television, those 35-49 watch 36.5 hours per week (Koblin, 2016).
- Americans are watching more than 7 hours, 50 minutes per day of television per household (Madrigal, 2018).

# MOST BUSINESSES USE THEIR OWN PRODUCTS TO PROMOTE CONFIDENCE & LOYALTY UNLESS THEY KNOW SOMETHING WE DON'T....



- **IPAD:** 2010 Steve Jobs *“What this device does is extraordinary.. It’s the best browsing experience you’ve ever had; way better than a laptop, way better than a smartphone....It’s an INCREDIBLE experience...”*
- NYT’s Nick Bilton, interviewed Steve Jobs in 2014 and said *“Your kids must LOVE the IPAD.”*
- Steve Jobs’ reply *“They haven’t used it. We limit how much technology our kids use at home.”*





## INTERNET USE

- A recent study showed that people are averaging 24 hours per week on the internet (Hymas, 2018).
- Facebook accounts for 22% of the internet time by the average American internet user (68% of Americans have a Facebook account).
- 52% of US adults get their news on social media.

# 2024'S JAW DROPPING SMARTPHONE STATISTICS

- The average smartphone owner **unlocks their phone 150 times a day.**
- Using smartphones for longer intervals of time **changes brain chemistry.**
- **66% of the world's population** shows signs of nomophobia (fear of not having their cell phone)
- **71% usually sleep** with or next to their mobile phone.
- Smartphone use and depression are **correlated.**
- 57% of us consider ourselves addicted to our smartphones
- **20% of people would rather go without shoes for a week than take a break from their phone**

WWW.LCLPA.ORG

<https://explodingtopics.com/blog/smartphone-addiction-stats>



# 2024'S JAW DROPPING SMARTPHONE STATISTICS (CONTINUED)

- 57% of smartphone users in the US have increased their smartphone screen time since the COVID-19 lockdown.
- Users spend on average 3 hours and 54 minutes a day on their smartphones of which 2 hours and 24 minutes is on social media (versus 45 minutes of quality family time a day). If you include tablets, the number skyrockets to 4 hours and 33 minutes a DAY.
- 58% of smartphone users don't go for 1 hour without checking their phones.
- The average user touches their phone 2617 times a day (10% of users are qualified as "heavy users" – they touch their phone [swipe, tap] 5427 times a day!)
- 40% check their phones in the middle of the night.

# MORE 2024'S JAW DROPPING SMARTPHONE STATISTICS

- 80% of smartphone users check their phone w/in 1 hour of waking or going to sleep (35% check their phones within 5 minutes of waking up).
- An average adult smartphone user checks his phone every 12 minutes from when they are awake till when they sleep.
- 85% of smartphone users will check their devices while speaking with friends and family.
- We spend on average 144 minutes per day on social media (versus 60 minutes in 2012) which amounts to an average of 5 years and four months of our lifetimes on social media.
- “Being constantly interrupted by alerts and notifications may be contributing towards a problematic deficit of attention.”
- A study observed people experiencing changes in heart rate and blood pressure (dopamine/withdraw).
- 63% of consumers try to limit their phone usage (only 30% are successful).

<https://explodingtopics.com/blog/smartphone-addiction-stats>



# 2024'S JAW DROPPING SMARTPHONE STATISTICS (CONTINUED)

- 45% of people in the United States will rather give up sex for one year than give up their phones.
- 75% of Americans use their mobile phones while on the toilet (19% of them have dropped their phone in the toilet). 12% of American adults use their phones IN the SHOWER.
- 66% of American adults are addicted to their mobile phones.
- 75% of users admit that they have texted at least once while driving. Cell phone addiction studies show smartphone use is more dangerous on the road than alcohol use. 26% of accidents involving cars are caused by cell phone use while driving  
(<https://www.slicktext.com/blog/2019/10/smartphone-addiction-statistics/>)

<https://explodingtopics.com/blog/smartphone-addiction-stats>

WWW.LCLPA.ORG

# EMAIL

- **On average, professionals have more than 200 emails in their inbox and receive 120 new ones each day (Plummer, 2019).**
- **On average, professionals spend 28% of their day reading and responding to emails (approximately 2.6 hours/day) (Plummer, 2019).**



# “TEXT ME LATER....”

- On average, each American sends and receives 94 text messages per day (658/week; 2,819/month)
- Apple handles about 40 billion iMessage notifications per day worldwide. Apple handles about 200,000 text messages per second.
- The number of texts sent each day in American has grown by 10,772% since 2005. It's the same growth rate for texts sent each week, month, and year.
- American spend, on average, 55 minutes a day texting.
- Messaging is the #1 reported use of smartphones (79% of use).
- Text messaging is 3-8X more preferred than face-to-face communication across all generations.



WWW.ICLPA.ORG

- In 2018, Facebook users averaged 24 minutes per day (Clearvoice.com, 2018).
  - A clear link between Facebook use and depression involving social comparison and envy or disappointment in one's status (Cheever, 2014).
  - Unfriending on Facebook was associated with strong negative emotional responses (Bevan, Pfyle, & Barclay, 2012).
  - Increased loneliness was shown among more intense Facebook users (Lou, Yan, Nickerson, & McMorris, 2012).
- Instagram users average 15 minutes per visit (Bagadiyat, 2019)
- Twitter users average 2.7 minutes per user per day (Bagadiyat, 2019)
- Pinterest users average 14.2 minutes per visit (Bagadiyat, 2019)
- LinkedIn users average 17 minutes per user per day (Bagadiyat, 2019)





## WEEKLY SCREEN TIME

- 26.5-36.5 Hours on Television
- 19.6-28 Hours on Smartphone
- 25+ Hours on a PC in the Office

**WEEKLY: 71-89.5+ Hours per Week Staring at Screens (FYI: 168 hours in a WEEK)**

**DAILY: 10-13+ Hours per Day Staring at Screens**

**LIFETIME: 15+ YEARS Staring at Screens**



WWW.LCLPA.ORG



# WARNING SIGNS OF DIGITAL DEVICE ADDICTION

[HTTPS://WWW.WIKIHOW.COM/KNOW-IF-  
YOU%27RE-ADDICTED-TO-YOUR-SMART-  
PHONE](https://www.wikihow.com/Know-if-you%27re-addicted-to-your-smart-phone)

WWW.LCLPA.ORG

- ☐ Have I been pulled over for texting and driving?
- ☐ Do I use red lights to answer social media posts?
- ☐ Is my smart phone always in my hand or close by?
- ☐ Does my battery last through the day?
- ☐ Does the smart phone join me in the bathroom?
- ☐ Do I use my smart phone in social situations, such as dinners with colleagues?
- ☐ Is my smartphone use causing considerable problems in my life such as legal issues or isolation from loved ones?
- ☐ Does it take me much longer to complete tasks now because I'm checking my cell phone repeatedly?
- ☐ Have I found it difficult to make conversation with people face-to-face?





WWW.LCLPA.ORG

ACCIDENT # CAMP2017-08-00450 CAMP HILL BOROUGH POLICE DEPARTMENT  
2199 WALNUT STREET - CAMP HILL, PA 17011  
TELEPHONE: (717) 737-1570 - FAX 730-3963

Reportable 7  
Non Reportable       

Acc # 004 Date 8/16/17 Dispatch Time 0729 Arrival Time 0731 Officer TATE Crash Time 0729  
Lanes 3 Speed Limit 35 Principal Road TRINDLE RD  
Lanes 2 Speed Limit 25 Intersecting Road S 34TH ST T/C/D       

1  
Vehicle Owner: ANDY N. [REDACTED] Phone: [REDACTED]  
VIN: 1H4YK196884C003711 Year 2004 Make ACURA Registration IL 1161 State IL Speed         
Insurance Company GEICO Policy # 4501692109 Phone 800-841-3000  
BLACK OLN 23975614 State PA Operator SAME AS OWNER  
DOB [REDACTED] Phone # [REDACTED] DOB [REDACTED]  
Unit #        Name        DOB        Phone #        Seat Position       

2  
LAWYERS CONCERNED FOR  
OWNER OF PA  
Address 55 CENTRAL BLVD  
CAMP HILL, PA 17011  
Make SUBARU Registration EXX7506 State PA Speed         
Policy # 29 CA 0481753730 Phone 610-941-7411  
Operator [REDACTED] DOB [REDACTED] Phone # [REDACTED] Seat Position



MARGATE CITY

TFF20161

COURT: 0116 MARGATE CITY

VIOLATION: 39:3-29A

VIOLATION DATE: 09/01/2018

ISSUED DATE: 09/01/2018

NJ AUTOMATED TRAFFIC SYSTEM

GENERAL INQUIRY

TICKET NO: Q 081996

FAIL POSS DRIV LIC

65 MPH: N CONST ZONE: N PERS INJ: N CRT AP REQ: N

ISSUED BY: 01160282 TIME: 03:10 P PAYABLE: Y SAF COR: N

MUN OF OFFENSE: 0116

DEFT NAME: LAURIE

BESDEN

03/12/19

10:44

PA

SEX F EYE 2 RC:

PHONE:

PLATE:

VEH:

COMM LIC: N

BODY: 02

\*\*\* ASSESSED \*\*\*

\*\*\* PAID \*\*\*

\*\*\* COURT INFORMATION \*\*\*

FINE: 131.00

131.00

DATE: 09/24/2018 01:00 P

PLEA: 1

COST: 24.00

24.00

\*\*\* DEFENDANT FOLLOW-UP \*\*\*

MISC: 25.00

25.00

FTA:

WARRANT:

PSUS: 00/00/0000

RECALL:

TOTAL: 180.00

180.00

R/DSUS:

BAIL SET:

PRINTER ID:

F17: PRINT

BAIL POSTED:

BAIL STATUS:

DISPOSITION: FINDING: DATE:

SENT 1:

2:

CASE NOTES:

F1: MORE DATA

F2: DISP

F3: RAIL

F4: INV PERS

F5: EVENTS

F6: TPAY

F7: PYMTS

F8: WARRANT

F9: NOTES

F10: SAVED LIST

F13: D/L

F14: PLATE





# SYMPTOMS OF DIGITAL DEVICE DEPENDENCE

Feeling false  
vibrations from  
the phone

Increased stress  
throughout your  
body

Insomnia

Anxiety,  
especially from  
waiting for  
messages or  
alerts

Depression/  
Aggression

Diminished ability  
to think or be  
creative

Fear of missing  
out on something

Eye strain

Blurred vision

Neck  
pain/Headaches  
/Fatigue

Pain or mobility  
problems in your  
wrist or forearm



Restlessness



Anger



Irritability



Difficulty  
concentrating



Sleeping  
problems



Craving  
access to  
your  
smartphone



Increased  
heart rate

# SIGNS OF WITHDRAWAL FROM DIGITAL DEVICE DEPENDENCE





# WE (NORMALLY) DON'T TRY TO CONTROL THINGS UNLESS WE STRUGGLE WITH THEM...

- Alcohol
- Drugs
- Sex
- Exercise
- Relationships
- → INTENTIONALLY putting our phones in different rooms to give ourselves 'screen breaks' as we can't trust ourselves if our phones are in front of us
- **Have you ever tried to limit your consumption of apples in a day? Have you ever taken ½ of a Tylenol.....**



## FIVE STRATEGIES FOR IMPROVING YOUR WELL-BEING AND ESTABLISHING BETTER BOUNDARIES

MELISSA G. HUNT, RACHEL MARX, COURTNEY LIPSON AND JORDYN YOUNG,  
NO MORE FOMO: LIMITING SOCIAL MEDIA DECREASES LONELINESS AND  
DEPRESSION, JOURNAL OF SOCIAL AND CLINICAL PSYCHOLOGY, VOL. 37,  
ISSUE 10 (DECEMBER 2018).



# 1. BOUNDARIES: SET LIMITS



- Check email x times per day at designated times (and let clients and colleagues know/expect that).
- Use "away message" when on vacation or traveling for work.
- Limit Social Media to 10 minutes per platform per day, Use a timer (Hunt et. al, 2018).
- Monitor your use (use monitoring apps, check Screen Time on iPhone (VERY SCARY), etc.).
- Use Do Not Disturb/FOCUS (especially when DRIVING).

Melissa G. Hunt, Rachel Marx, Courtney Lipson and Jordyn Young, No More FOMO: Limiting Social Media Decreases Loneliness and Depression, Journal of Social and Clinical Psychology, Vol. 37, Issue 10 (December 2018).

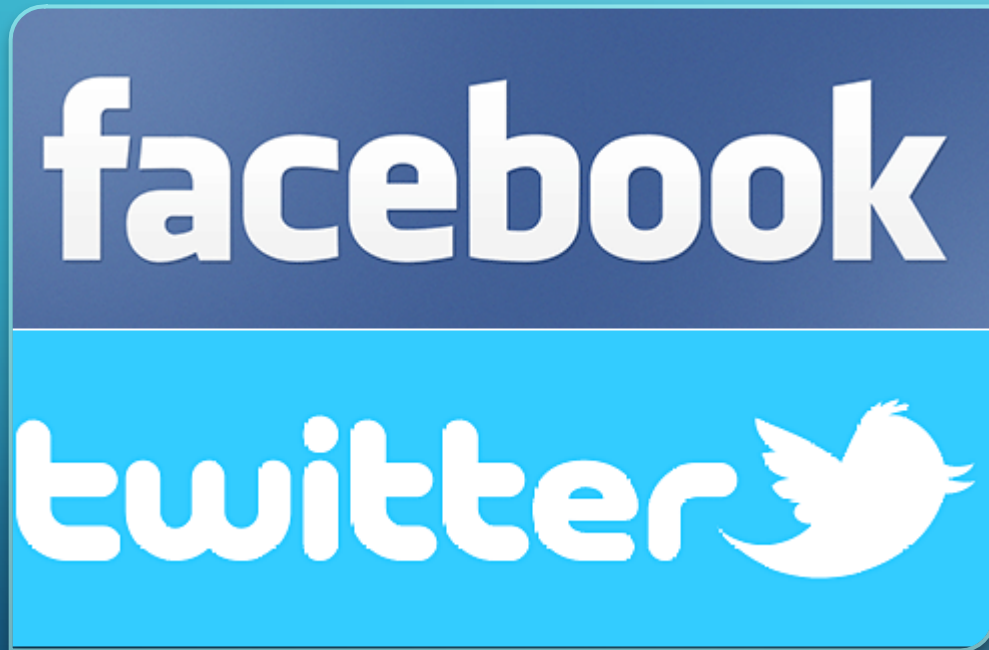


## 2. DISCONNECT

- Turn off notifications.
- Do not charge your phone beside bed.
- Do not keep phone with you during meals, exercise, or social activities.
- Read a book or magazine rather than your phone or tablet.
- Get away from your PC to do some work, take healthy breaks from the screen, and don't take the laptop with you on weekends or vacations.



### 3. MANAGE THE APPS.



- Delete Facebook, Twitter, Instagram from your phone.
- Install wellness, mindfulness, usage, and other healthy apps.

# HOW ENRICHING ARE THE APPS WE ARE USING?

(MOMENTAPP, HOLESH)



## HAPPY

- Relaxation
- Exercise
- Weather
- Reading
- Education
- Health
- **9 min/day/app**

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)



## UNHAPPY

- Web Browsing
- News
- Entertainment
- Gaming
- Social Networking
- Dating
- **27 min/day/app**



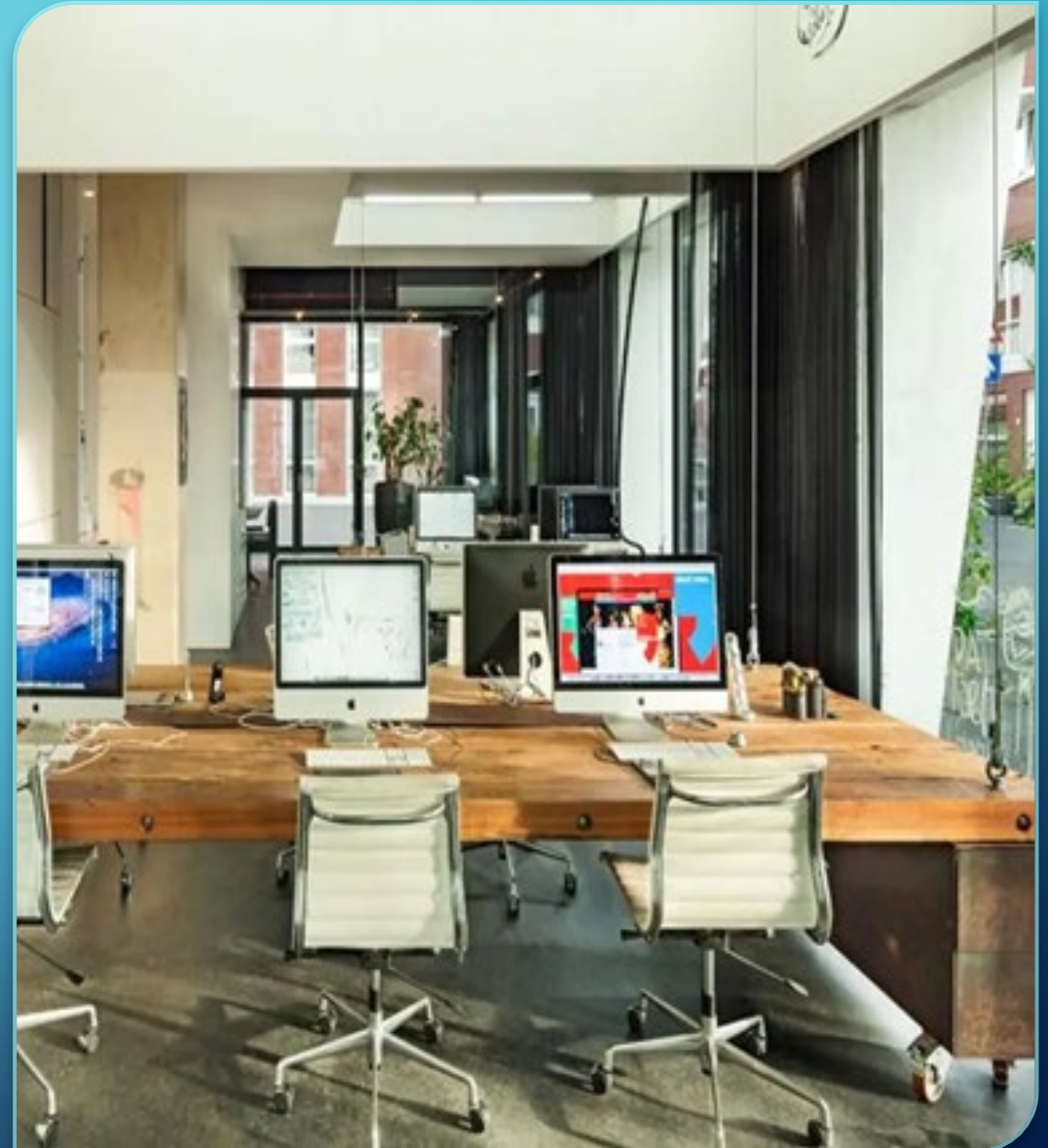
# THE APPS THAT MAKE US UNHAPPY LACK STOPPING CUES.....

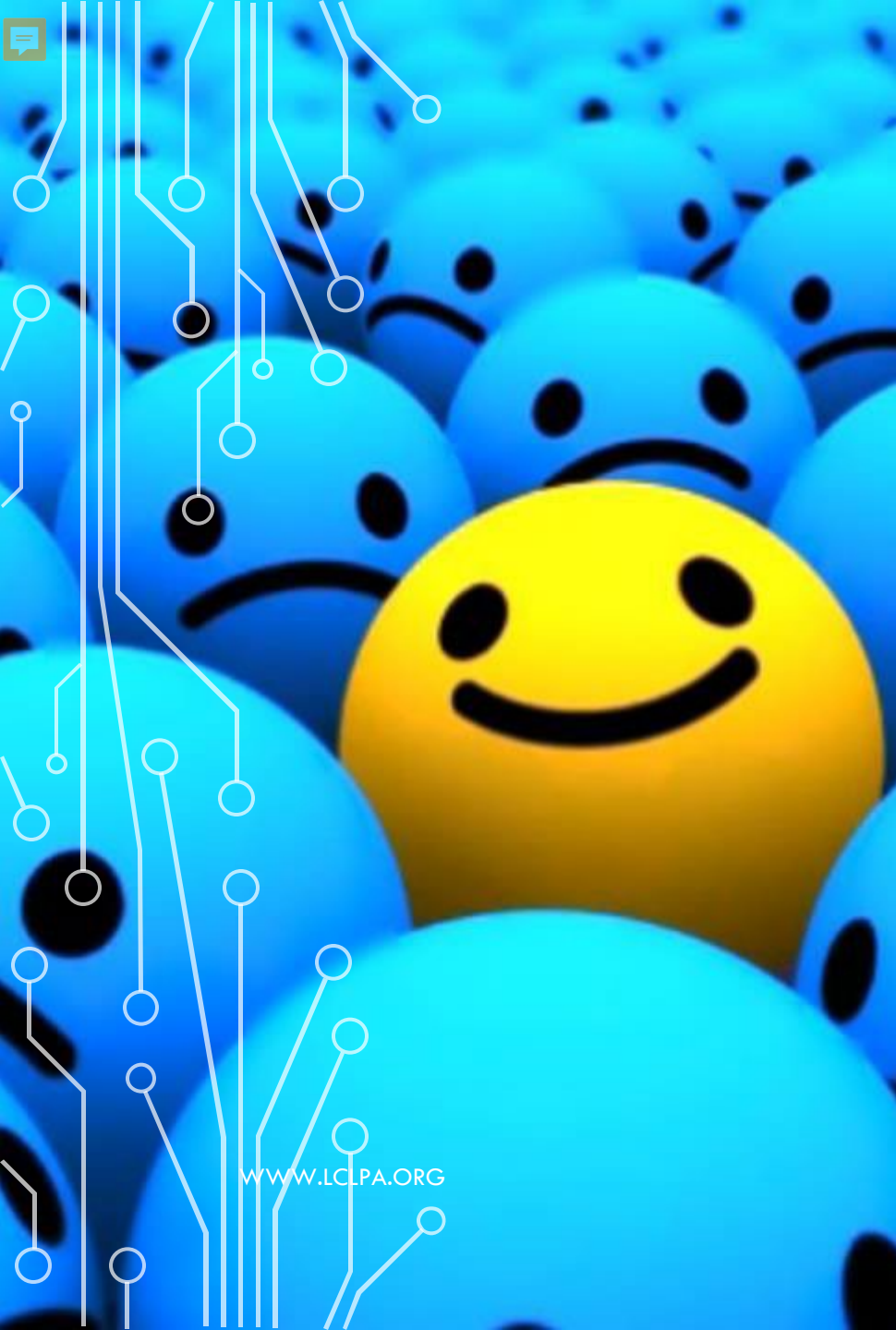
(TEDTALK, ADAM ALTER, 2017)

We can follow stopping cues from Helder groen (a Dutch design firm)...

At 6 pm daily, the desks rise to the ceiling and 4 days of the week, the office turns into a Yoga Studio!

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)





## 4. UNFOLLOW THE UNHEALTHY.

- Unfollow friends on Facebook that are hateful, hurtful, or distressing.
- Compare YOU to YOU!
- Stop checking what is trending in the news: it's mostly bad.
- Follow uplifting people and resources, we are what we read. The most important voice you will ever hear is YOUR OWN.

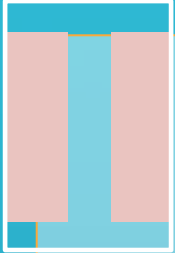




## 5. SCHEDULE SELF-CARE TIME.

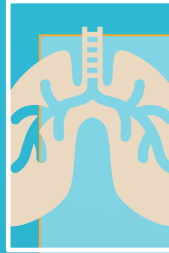
- 4% of your life is 1 hour per day, make that the minimum for self-care.
- Use your calendar and other technology to remind you to unplug.
- By scheduling events that are away from screens, it can free you from technology.

# UTILIZE QUICK STRESS-BUSTERS



## Pause

**Pause.** Lean back, literally. Give your eyes a rest for a couple minutes.



## Take

**Take** three deep breaths and imagine your muscles relaxing from head to toe.



## Be

**Be** mindful. Focus on the immediate present. Enjoy the moment.



## Stretch

**Stretch.** Walk around your office or go outside.



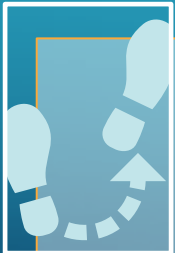
## Turn

**Turn** your cell phone off (YES - OFF) and go outside for 5 minutes and notice that GRASS is really GREEN!



## Maintain

**Maintain** a sense of humor about yourself (and others).



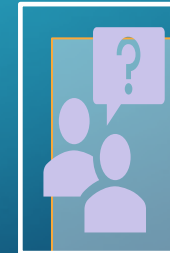
## Vary

**Vary** your routine (work/exercise). Don't get trapped in a rut.



## Prioritize

**Prioritize** at work and home and manage your time effectively. NOT to-do Lists.



## ASK

**ASK FOR/ ACCEPT SUPPORT/ HELP.** Talk it out with someone you trust.



## Do

**Do** a five-minute guided or breathing meditation (Insight Timer/CALM/Peloton).

**CONSISTENT** stress reduction occurs with 10 minutes of meditation.

<https://www.meditationlifeskills.com/guided-meditation-for-stress-and-anxiety/>





# MORE QUICK STRESS-BUSTERS

- Unplug from social media occasionally
- Exercise. Movement is medicine. 3/7 LCL employees have Tread Desks
- Connect with nature (20 min = decrease in cortisol levels)
- Eat a healthy-ish diet (mindfully)
- Cultivate a positive attitude/gratitude list/handwrite a note to a friend. 25% increase in happiness level short list/10

weeks. <https://judicialstudies.duke.edu/wp-content/uploads/2018/01/JUDICATURE101.4-buchanan.pdf>

- Sleep 7-9 hours/night when possible.
- New PERSPECTICLES: You don't **HAVE** to; you **GET** to!
- Lunch breaks, during the day, not in front of a screen (avoid shoveling food in our mouths in front of screens)
- Mental health days planned throughout the year in January
- Fill your life with experiences over material things (hedonic adaptation)
- Screen breaks (personally and professionally)
- No phones at the dinner table



# GRATITUDE

=

↑ **ENERGETIC**

↓ **DEPRESSED**

↓ **ANXIOUS**

↓ **ENVIOUS**

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)

1. **Journal:** *1X a week, 6 weeks, write down 3+ things you are grateful for = ↑ happiness (can download an app that will remind you)*
2. **Appreciative Art:** engage in art to express gratitude (paint, collage, clay)
3. **Gratitude Photo Collage:** sharing joy pictures depicting things that make us grateful increases enjoyment of them
4. **Gratitude Letter:** write a letter and share it with them (*in person or in mail*)(postal carrier, bus drivers). *15 min/1X a week/ 8 week period = ↑ happiness*
5. **Gratitude Jar:** invite co-workers to drop notes of gratitude in a jar that are read out loud 1x a week



# THE HARVARD LAW RECORD

HLRECORD.ORG

INDEPENDENT AT HARVARD LAW SCHOOL SINCE 1946

THURSDAY, FEBRUARY 14, 2019

## Happy Valentine's Day, HLS!

### A 10-Day Phone Challenge for 3Ls

*Maybe you can't imagine yourself without your phone. But what if you could?*

BY ALEX GLANCY '19



WWW.LCLPA.ORG

Maybe don't go this far, though.

• Wikimedia Commons

Excessive use of cell phones, largely due to social media and addictive news alerts, makes it harder to think critically, to practice self-care, and to be creative. My plea to my fellow graduates this semester is this: quit refreshing your phone and start refreshing yourself.

This semester before graduation is a great time to experiment with what exactly these blinking devices mean to you. Did you know that pulling down to refresh a feed has the same addictive effect as playing a slot machine?[1] You already have an instinctive sense of the impact your phone has on your life. After graduation, we will be on call for work nearly 24/7. Now is the time to better your relationship with your phone.

Here are 10 suggestions to get you started:

**Day 1) Take time to reset your phone so that it works for you.** Cell phones are a tool that should work for you, not distract you. I recommend setting aside

The best thing we can do for ourselves is take notice of things occurring right in front of our noses.

an hour or two to go through all of the settings of your phone, pausing to think about how each fits your needs. Reconsider the notifications settings for each of your apps, and rearrange your home screen to minimize clutter. For example, you could move the apps that often have red bubbles to the second page, so that they are less alarming when you first open your phone. *Bonus Tip: To reduce distractions while working, a general guide is "out of sight, out of mind." Try placing your phone in a different room or in a drawer for stretches of time.*

**Day 2) Try taking a walk or**

**running an errand without your phone.** Usually before leaving the house we think: "Phone, wallet, keys." Can you leave your phone at home? If the thought of this makes you panic, consider this: if something happens to you, you probably will not be able to save yourself with your phone single-handedly. Rather, neighbors and passersby will need to notice you and step in. The best thing we can do for ourselves and for our neighbors is to look up and take notice of things occurring right in front of our noses. You can give friends notice that you will be phone-free for the next hour or so. *Bonus Tip: Go on a walk with a friend, and have only one of you bring their phone.*

**Day 3) Buy a watch. And an alarm clock.** Many times people take out their phones to check the time, only to fall into a rabbit hole of phone notifications. A quick look

Glancy continued on page 4



# THE HARVARD LAW RECORD ARTICLE CONTINUED....

## Glancy

Continued from page 1

at your wrist can save you cumulative hours in your week. And do you really want to spend the first precious moments of your morning looking at the same apps you will be checking all day long? Buying a freestanding alarm clock will free up some brain space.

**Day 4) Try reading an in-print newspaper or magazine.** Your eyes may travel to a place your clicker won't. Well-roundedness is good for the mind and citizen. You can pick up the day's New York Times for \$3.00 and the Boston Globe for \$2.50. The Harvard Law School Library has print magazines for browsing in the Microfilm room on the second floor. *Bonus Tip:* Read a magazine that you would not normally choose. We already live in the Cambridge bubble, why live in a news bubble too?

**Day 5) Reduce the brightness on your devices.** If you're lucky enough to have vision, your eyes will need to last a while, and as a lawyer, you will use them for long hours at a time. It is important to take care of them for the long-haul. Particularly after starting practice, it is good to

---

Frequent changing of Internet passwords is one of the best things you can do to protect your identity online.

---

reduce screen time at home after looking at a monitor all day. Reading print publications is another way to take a break. You can also buy computer glasses that screen out harmful light. *Bonus Tip:* Consider treating yourself to a newspaper or magazine subscription once you start working so that you can give your eyes a rest.

**Day 6) Take a day off from social media.** Think about the purposes that Facebook, Twitter, Instagram, and other apps serve for you. You may write a list of the pros and cons for each app. I have heard from friends that they truly enjoy Instagram because it is entertaining, whereas Facebook stresses them out. I have friends who are incredible advocates online, and

I understand why they keep their Facebook accounts. *Bonus Tip:* After your day off, go on an "unfollowing spree" to weed out content that no longer interests you.

**Day 7) Take time to change the passwords you've been meaning to change.** Frequent changing of Internet passwords is one of the best things you can do to protect your identity online. Change your email, bank, and social media passwords, along with any other important accounts. *Bonus Tip:* Digital privacy is also an emerging challenge for our generation. There are apps and websites, such as Firefox and DuckDuckGo, that have privacy as a main priority.

**Day 8) Look up directions**

---

Digital photo management is a major task that gets more difficult as time goes on.

---

---

Next time you find yourself texting in paragraphs, give that person a ring. You never know where the conversation might go.

---

**once before you leave the house.** Have you ever found yourself at an intersection, bewildered, looking up directions for the fifth time in minutes? On-demand directions can be both helpful and frustrating. Try looking up directions before you leave the house and jotting down notes. On your way to your destination you will walk with a sense of purpose, free to observe landmarks and learn your way around. Or you might get lost and find a place you never knew existed.

**Day 9) Finally organize your photos.** We take photos all the time, but when was the last time you paused to appreciate them? Digital photo management is a major task

that gets more difficult as time goes on. I recommend backing up your photos and sorting your favorites into albums, and maybe even printing some of them through your local camera shop, the Shutterfly app, or drugstore. The summer is a great time to dive into this project.

**Day 10) Call a friend for the first time.** Next time you find yourself texting someone in paragraphs, give that person a ring. You never know where the conversation might go. It may reduce stress to not have to type so much, and you will spend less time looking at a screen. Often my friends say that the biggest social barrier to calling someone is worrying that it might freak them out. A good way to counter this is by asking them via text for consent or, next time you see them, suggesting you might call them to convey a funny story. They are called "phones," after all.

[1] <https://www.theguardian.com/technology/2017/oct/05/smartphone-addiction-silicon-valley-dystopia>

---

Alex Glancy is a 3L. She can be reached at [aglancy@jd19.law.harvard.edu](mailto:aglancy@jd19.law.harvard.edu).



# “THE NATURE PILL”

Source: Harvard Health Publishing, July 2019, Reprint from Frontiers in Psychology, April 4, 2019

36  
participants  
either  
walked or  
sat in  
nature for  
20  
minutes

**NATURE** = Outdoor place  
(parks/outside of work)

- **No exercise** 1/hr prior
- **No stimuli**  
(phone/people/ pets/  
social media)

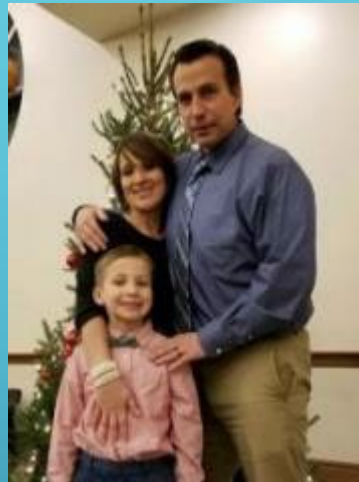
Saliva  
levels  
tested  
pre/post  
nature  
connection  
for cortisol  
levels

**RELIEVES**  
**STRESS**

> 20 minutes  
didn't decrease  
stress more

# SPEND QUALITY TIME WITH FAMILY

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)



*Family*





# HARVARD STUDY ON ADULT DEVELOPMENT

('Good Genes Are Nice, But Joy Is Better,' The Harvard Gazette, Mineo, April 11, 2017)

(Tedtalk, Robert Waldinger, 'What Makes A Good Life? Lessons From The Longest Study On Happiness')

- 1938 (ongoing)
- 724 men – 2 groups
  - Harvard male students
  - Boys from a poor Boston suburb
  - 60 original participants still alive (90's)
- 2,000 children and spouses added to the study
- Interviewed every 2 years/medical records/blood work/videos of family interactions

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)

## Results:

- Good relationships and social connections, including quality, are best predictors of happiness, health, and longevity.
- People most satisfied with their relationships in their 50's were the healthiest in their 80's.
- Good relationships protect bodies and minds, including memory/cognition.

**NO ONE REPORTED WISHING THEY  
WORKED MORE AT THE END OF  
THEIR LIVES! NOT ONE PERSON!**

# **SLEEP SETS OUR TABLE FOR THE DAY!**

## **SET YOUR TABLE FOR SUCCESS!**

[HTTPS://FITONAPP.COM/WELLNESS/HOW-TO-FALL-ASLEEP-FASTER/](https://fitonapp.com/wellness/how-to-fall-asleep-faster/)

Have a Consistent  
Bedtime

Lower The  
Temperature in  
Your Room (65°F)

Skip the  
Afternoon Coffee

Do a Sleep  
Meditation

Exercise During  
the Day

Avoid Taking a  
Midday Snooze

Eat Dinner  
Earlier

Do a Brain-  
Dump (journaling)

Diffuse a Sleep-  
Supporting  
Aromatherapy  
Oil

Avoid Blue Light  
in the Evening

Keep Your Clock  
at a Distance

Turn Off  
Technology

Weighted  
Blanket

Consider a  
Calming Evening  
Non-Alcoholic  
Drink





# INSPIRATION FROM ROBIN ARZON:

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)

Action is the antidote to fear.

It doesn't need to be TG to be grateful; we woke up today.

Without challenge, there wouldn't be change.

Gratitude turns 'why me' into 'try me.'

**Your test will become your testimony.**

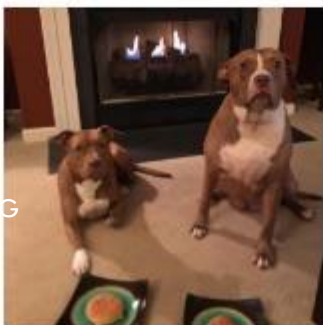
**Your most valuable currency is your TIME.**

We have never needed each other more; you don't have to pretend you are ok.

Instead of asking 'how bad is it going to get' ask 'how great is it going to end up.'

**The most powerful thing anyone can say to you is what you say to yourself.**

# “ONE MORE DAY” (FEBRUARY 19, 2019)

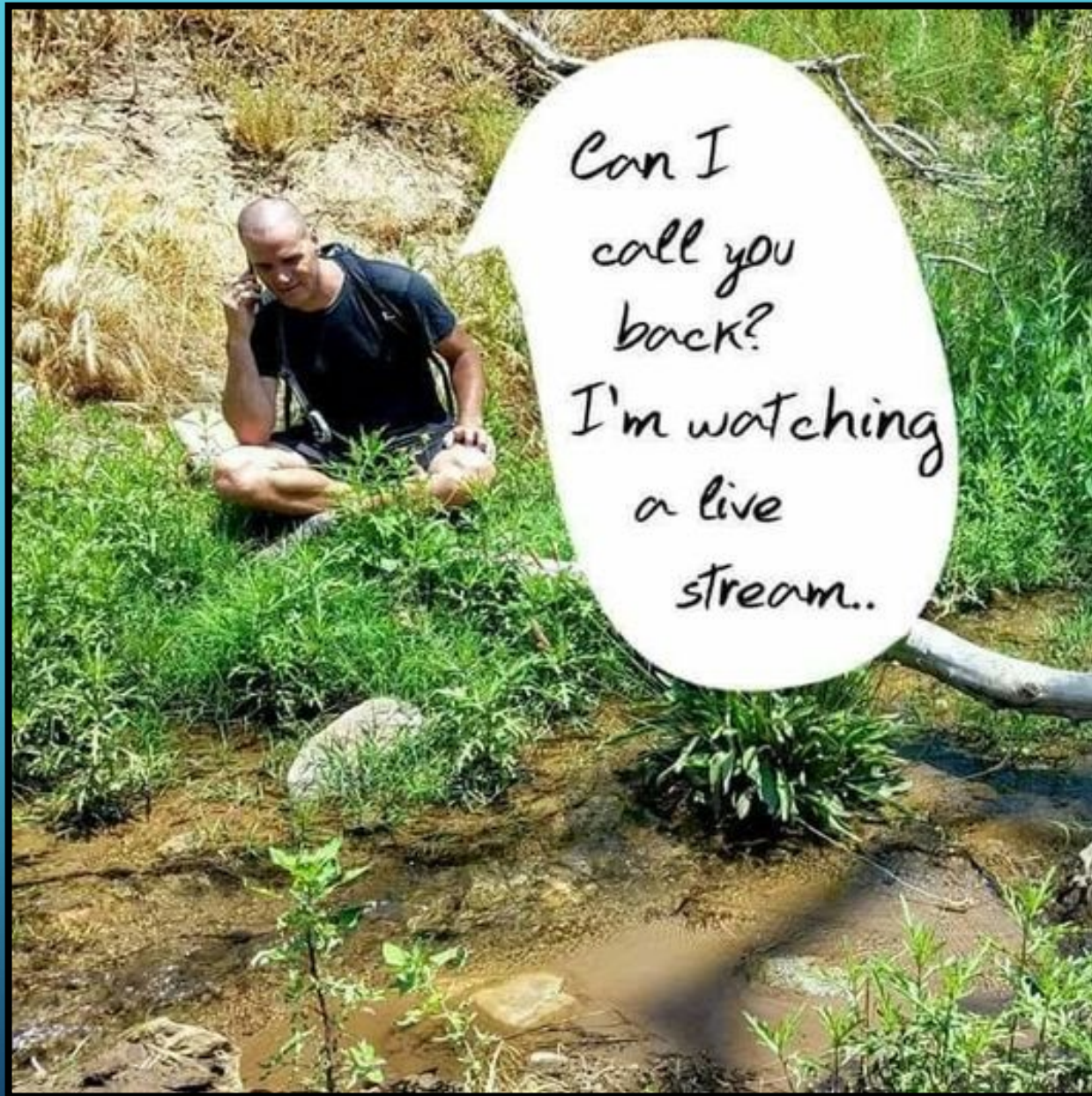




**“THE ONLY REASON YOU SHOULD HAVE YOUR PHONE OUT ON A FRIDAY AFTER 5 PM IS IF YOU ARE USING THE FLASHLIGHT AS A VIRTUAL LIGHTER AT A TOTO/JOURNEY CONCERT.”  
JENNIFER ZAMPOGNA, MD, LCL’S DIRECTOR OF OPERATIONS**









# LAWYERS CONCERNED FOR LAWYERS — PENNSYLVANIA —

**Confidential Helpline 1-888-999-1941**

*24 hours a day, 7 days a week, 365 days a year*

**[www.lclpa.org](http://www.lclpa.org)**

Our services are free, confidential, non-judgmental and non-obligatory.

- ✓ Free information and literature
- ✓ Free evaluation by a healthcare professional
- ✓ Free assistance with interventions
- ✓ Peer support
- ✓ 13 Lawyer/Judges only support group meetings (11 on zoom)
- ✓ LCL staff support

[WWW.LCLPA.ORG](http://WWW.LCLPA.ORG)