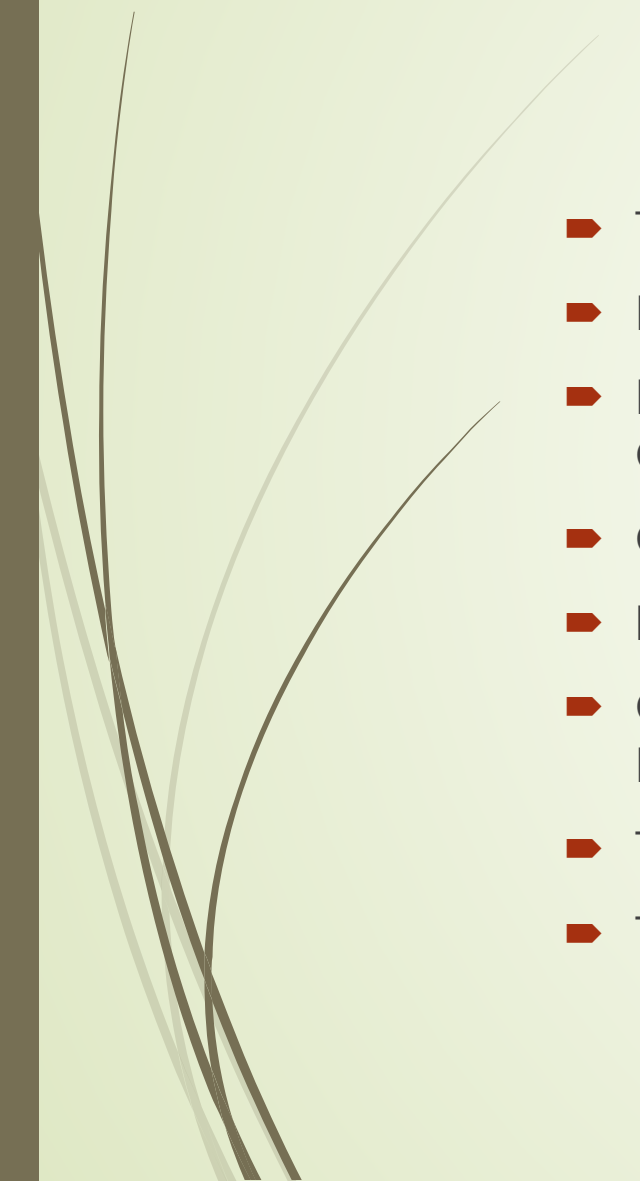


BUILDING AND MAINTAINING SUPPORTIVE RELATIONSHIPS BETWEEN JUDICIAL OFFICERS AND THEIR LOVED ONES

Hon. Jeremy Fogel (ret.)
Executive Director
Berkeley Judicial Institute

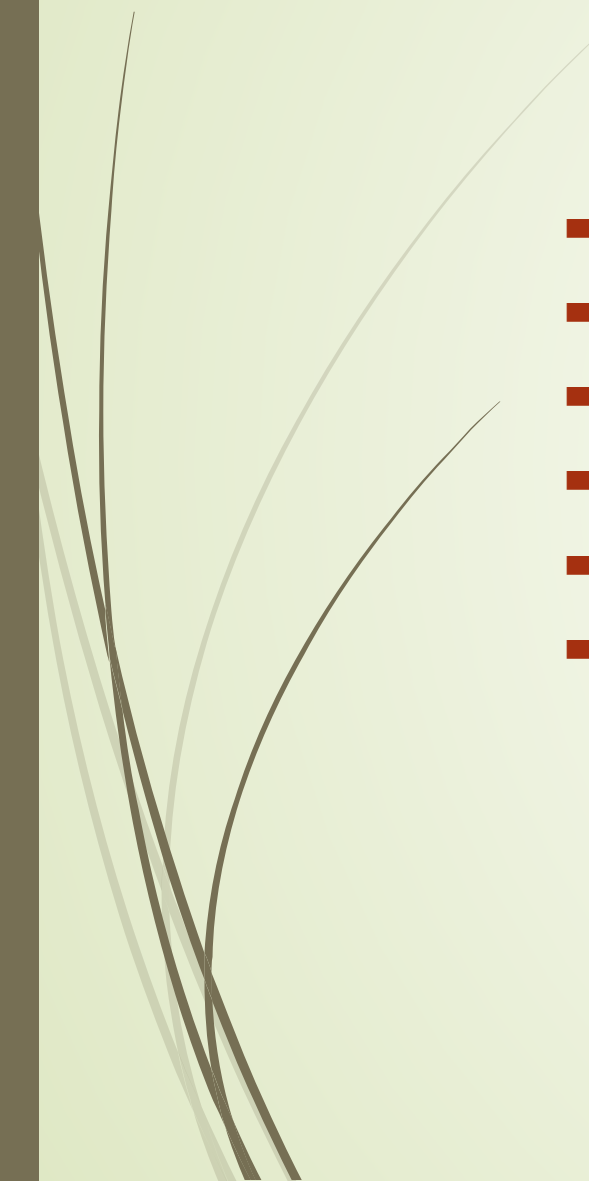


SOURCES OF JUDICIAL STRESS

- TOO MANY CASES
 - EXPOSURE TO TRAUMATIC OR EMOTIONALLY-CHARGED SITUATIONS
 - POLITICAL AND SOCIAL PRESSURES, PARTICULARLY IN SMALLER COMMUNITIES OR VIA SOCIAL MEDIA
 - CONCERNS ABOUT SECURITY AND SAFETY
 - ISOLATION
 - CULTURAL EXPECTATIONS: "COMPLAINING" IS INAPPROPRIATE BECAUSE HAVING THE JOB IS A PRIVILEGE
 - TENDENCY OF MANY JUDICIAL OFFICERS TO BE PERFECTIONISTS
 - TENDENCY OF MANY JUDICIAL OFFICERS TO AVOID EMOTIONAL CONFLICT
- 




SIGNS OF CHRONIC JUDICIAL STRESS

- 
- PREOCCUPATION WITH WORK
 - EMOTIONAL DISTANCE, MOODINESS, IMPATIENCE
 - INSOMNIA
 - PERSEVERATION (REPEATING THE SAME NARRATIVE OVER AND OVER)
 - INCREASED USE OF ALCOHOL OR OTHER SUBSTANCES
 - PHYSICAL MANIFESTATIONS (HYPERTENSION, COMPROMISED IMMUNE SYSTEM RESULTING IN FREQUENT ILLNESS)

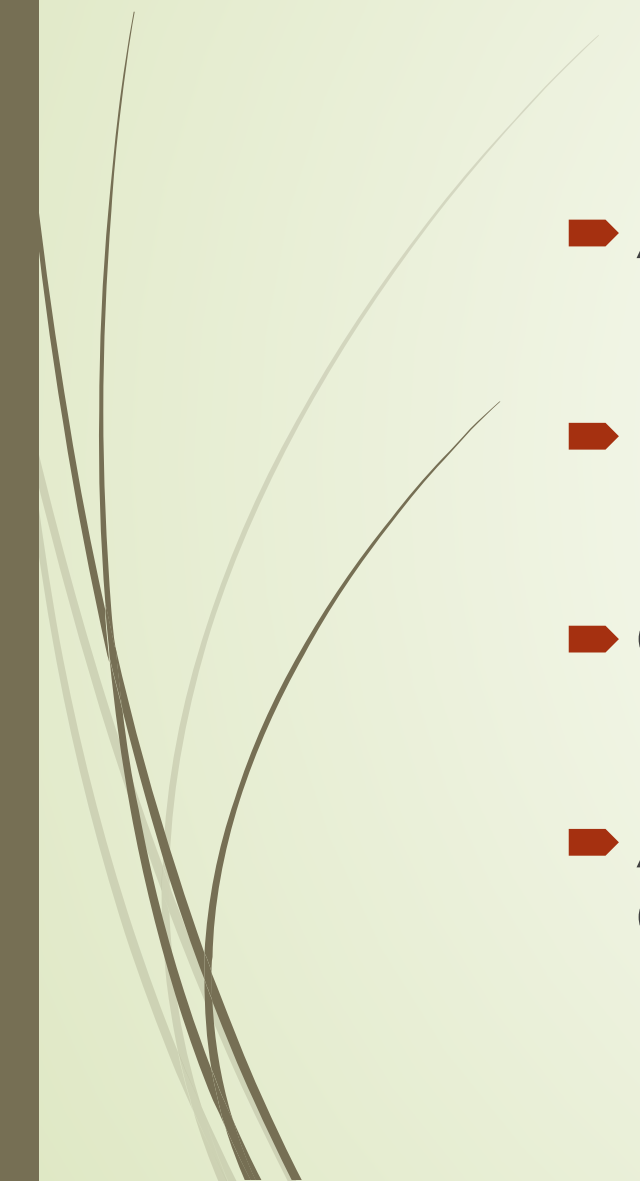


SOURCES OF STRESS FOR FAMILIES AND LOVED ONES OF JUDICIAL OFFICERS

- LESS SATISFYING DAY TO DAY COMPANIONSHIP
 - DEALING WITH EMOTIONAL CHANGES
 - SECURITY AND SAFETY CONCERNS
 - POLITICAL AND SOCIAL PRESSURES, PARTICULARLY IN SMALLER COMMUNITIES OR VIA SOCIAL MEDIA
 - LACK OF FAMILIARITY WITH JUDICIAL OR LEGAL CONTEXT
 - NOT KNOWING WHAT TO SAY OR HOW TO HELP
- 

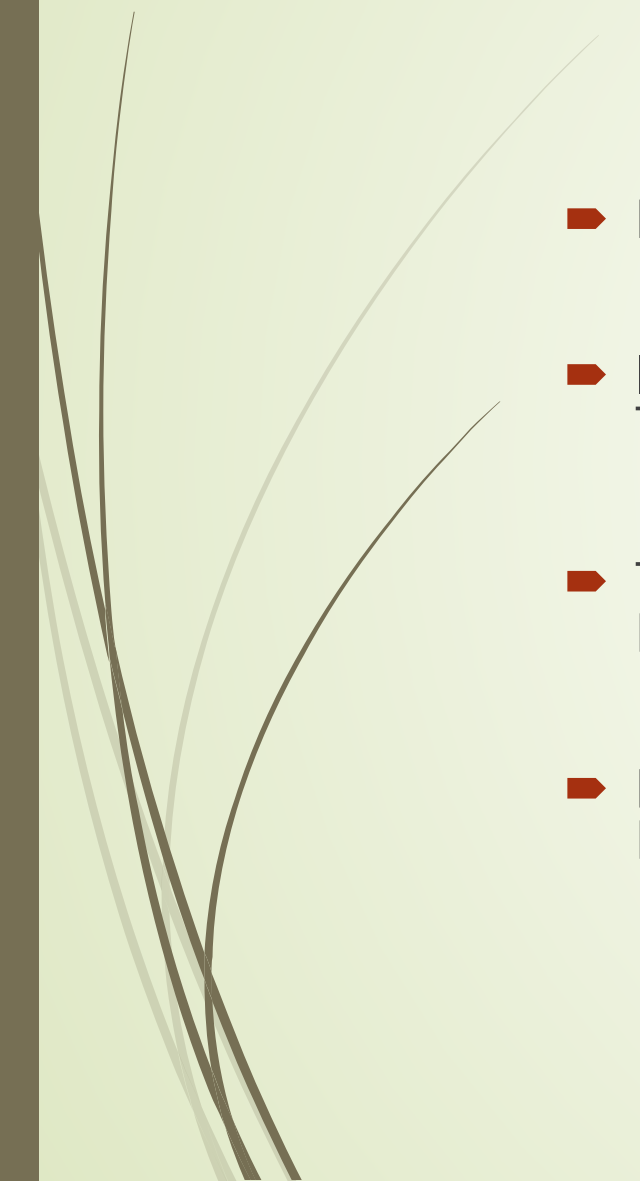


COPING STRATEGIES—ESSENTIAL ELEMENTS

- AUTHENTICITY: BEING HONEST AND CONSISTENT
 - EMPATHY: SEEING THE WORLD AS ANOTHER SEES IT
 - COMPASSION: LETTING YOUR CARING SHOW
 - APPROPRIATE BOUNDARIES: KNOWING THAT YOU CAN'T FIX EVERYTHING AND NOT TRYING TO DO SO
- 



COPING STRATEGIES—COMMON PITFALLS

- ▶ LACK OF CANDOR: SAYING THINGS YOU DON'T BELIEVE
 - ▶ IDENTIFICATION: THINKING ABOUT WHAT YOU WOULD DO RATHER THAN ABOUT WHAT MAKES SENSE FOR ANOTHER PERSON TO DO
 - ▶ TRYING TO DO TOO MUCH: TRYING TO FIX EVERYTHING OR TAKING RESPONSIBILITY FOR ANOTHER PERSON'S CHOICES
 - ▶ DOING TOO LITTLE: MINIMIZING A PROBLEM OR BEING NAIVELY REASSURING
- 



COPING STRATEGIES—ESSENTIAL SKILLS



ACTIVE LISTENING

Drawing out and reflecting back



DETACHED CONCERN

Being non-judgmental while exercising good judgment

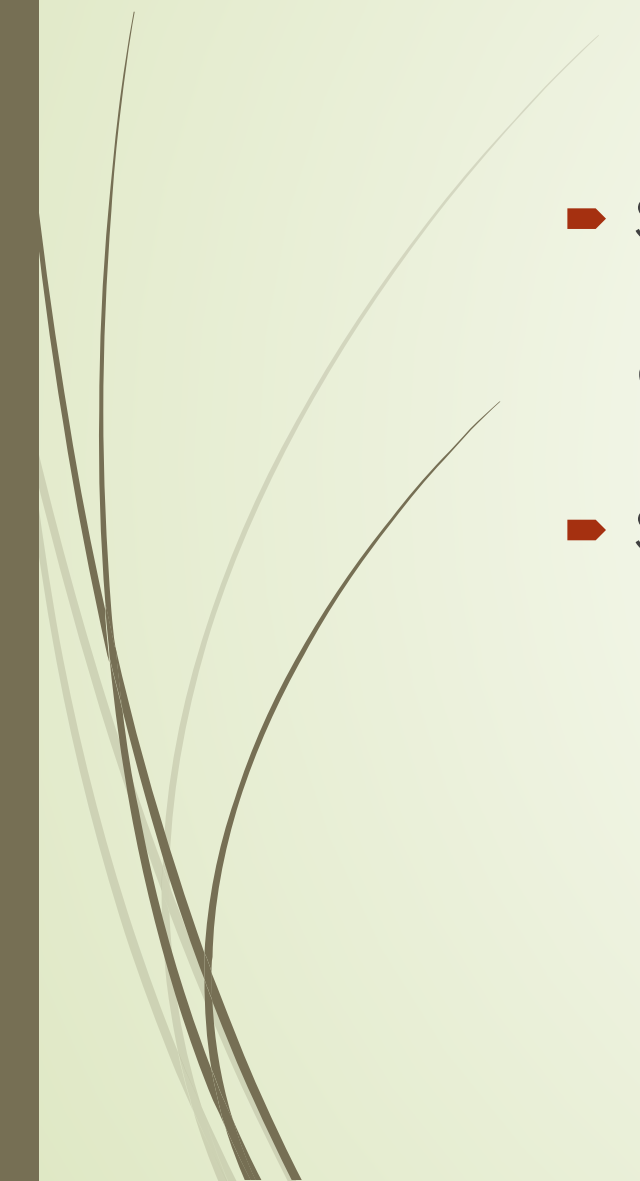


EMOTIONAL REGULATION

Noticing how you feel, holding rather than suppressing your response, and expressing emotion when helpful to the relationship

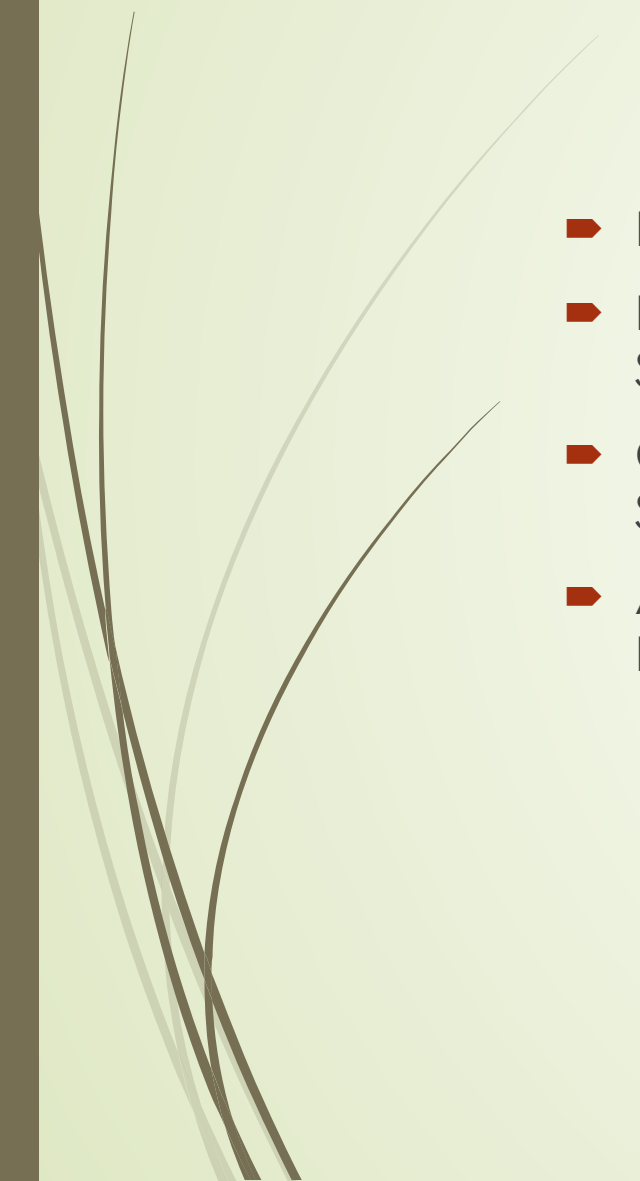


THINKING FAST AND SLOW

- ▶ SYSTEM ONE:
INTUITIVE, REACTIVE, SPONTANEOUS
GENUINE, BUT PRONE TO UNCONSCIOUS BIASES AND ASSUMPTIONS
 - ▶ SYSTEM TWO:
REFLECTIVE, REASONED, DELIBERATE
NOT ALWAYS ACCESSIBLE IN EMOTIONALLY-CHARGED SITUATIONS,
BUT CAPACITY CAN BE INCREASED THROUGH MINDFULNESS AND
OTHER ATTENTION-BUILDING PRACTICES
- 



MINDFULNESS

- BEING IN THE PRESENT INSTEAD OF THE PAST OR THE FUTURE
 - LIMITING THE EFFECTS OF SYSTEM ONE AND GIVING SYSTEM TWO MORE SPACE IN WHICH TO FUNCTION
 - CREATING SPACE FOR DEALING WITH DIFFICULT CONVERSATIONS OR SITUATIONS
 - ALLOWING ONE TO CHOOSE ONE'S RESPONSE, INCLUDING EXPRESSION OF EMPATHY AND COMPASSION
- 



HUMILITY

- ▶ THIS IS HARD WORK
 - ▶ YOU WILL DISAPPOINT YOURSELF OR YOUR LOVED ONE REPEATEDLY
 - ▶ FORTUNATELY, YOU WILL HAVE MANY OPPORTUNITIES TO PRACTICE AND LEARN
- 