

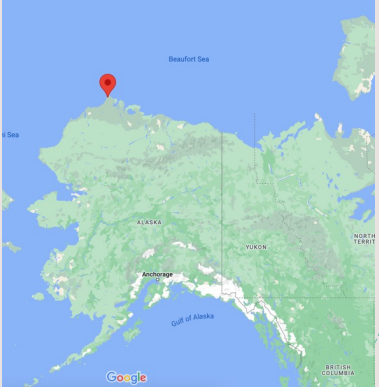


# Centering and Closing

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Oregon State Bar Indian Law Section CLE

1

## About me

- + Began teaching yoga at Ilisaġvik College, Utqiagvik, AK, through Cooperative Education program
- + Currently teaching yoga at Portland Community College through Community Education

2

## Mental Health Challenges in the Legal Profession

- + Recent statistics on stress in the legal profession
  - + Collective – According to Bloomberg Law 2024 *Attorney Well-Being Report: The Divide Between Health & the Legal Industry* (<https://aboutblaw.com/bfC3>)
    - + 48% of attorneys are having trouble focusing on work tasks
    - + Attorneys Feel Burned Out Almost Half the Time, with female attorneys and younger attorneys feeling it more often
    - + Attorneys drink alcohol at higher rates than the general US population
- + Our Individual experiences as attorneys

3

## What is Mindfulness

- + Jon Kabat-Zinn defines mindfulness—and more specifically, meditation—as “the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.”
- + Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.

+ <https://www.mindful.org/what-is-mindfulness/>

4

## Why Mindfulness?

- + Simple techniques that can:
  - + Reduce stress and improve health outcomes
  - + Better regulate emotions
  - + Help Attorneys make better decisions from a grounded place
- + Many of these practices come from Indigenous lineages, and Western science and the Legal Profession are just catching up

5

## Some Studies on Mindfulness

- + Doll, A., Holzel, B. K., Mulej Bratec, S., Boucard, C. C., Xie, X., Wohlschlagel, A. M., & Sorg, C. (2016). Mindful attention to breath regulates emotions via increased amygdala-prefrontal cortex connectivity. *NeuroImage*, 134, 305–316. <https://doi.org/10.1016/j.neuroimage.2016.03.041>
- + Goleman, D., & Davidson, R. J. (2017). *Altered traits: Science reveals how meditation changes your mind, brain, and body*. Avery.
- + Haase, L., May, A. C., Falahpour, M., Isakovic, S., Simmons, A. N., Hickman, S. D., Liu, T. T., & Paulus, M. P. (2015). A pilot study investigating changes in neural processing after mindfulness training in elite athletes. *Frontiers in Behavioral Neuroscience*, 9, 1–12. <https://doi.org/10.3389/fnbeh.2015.00229>
- + Kozasa, E. H., Sato, J. R., Lacerda, S. S., Barreiros, M. A., Radvany, J., Russell, T. A., Sanches, L. G., Luiz, L. E., & Amaro, E. (2012). Meditation training increases brain efficiency in an attention task. *NeuroImage*, 59(1), 745–749. <https://pubmed.ncbi.nlm.nih.gov/21763432/>
- + Lacaille, J., Sadikaj, G., Nishioka, M., Carrière, K., Flanders, J., & Knäuper, B. (2017). Daily mindful responding mediates the effect of meditation practice on stress and mood: The role of practice duration and adherence. *Journal of Clinical Psychology*, 74(1), 109–122. <https://doi.org/10.1002/jclp.22489>

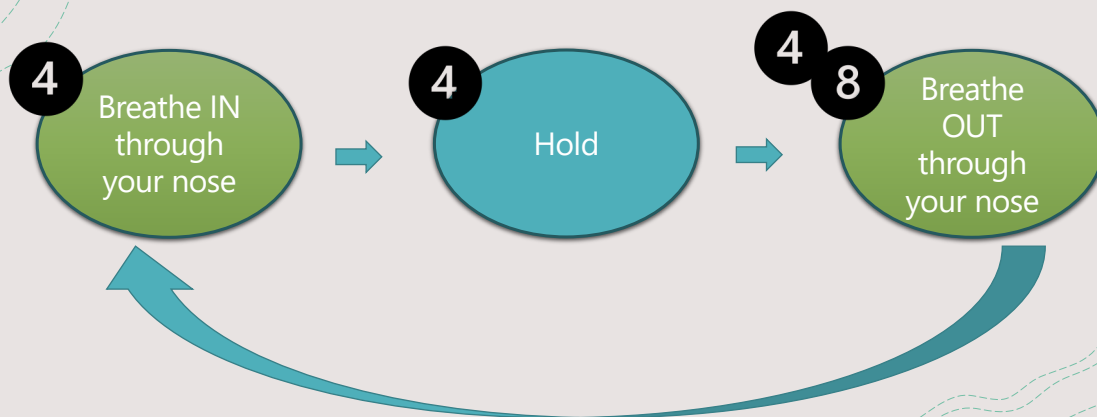
6

## Examples of Practices

- + Breathing
  - + Box Breathing
- + Movement
  - + Yoga (including chair yoga)
  - + Dancing
  - + Running/Walking
  - + Shaking
- + Visualization and Meditation
- + Tapping

7

## Breathe To Activate Relaxation Response

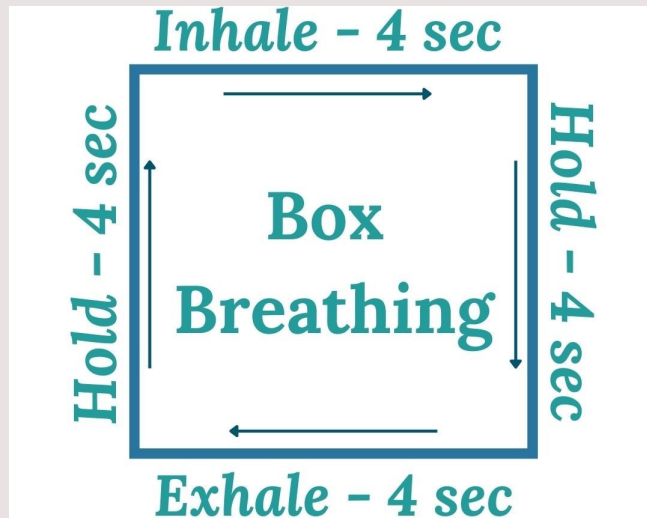


8

## Box Breathing & Benefits

- Helps you cope with panic and stress when feeling overwhelmed. Counting helps to take the focus from the panic-producing situation enabling you to handle and control your response.
- Helps you to sleep when you are having insomnia.
- Helps to control hyperventilation
- Helps you refocus when you are having a busy or stressful day.
- Eases panic and worry.
- Keeps you calm while preparing for the day.
- Helps when making a big decision.
- Lowers blood pressure and decreases Cortisol — a stress hormone — which can improve your mood.

<https://www.webmd.com/balance/what-is-box-breathing>



9

## Simple movement in your chair

- + Grounding
- + Neck stretches
- + Shoulder circles
- + Side Stretch
- + Seated cat/cow
- + Seated simple twist



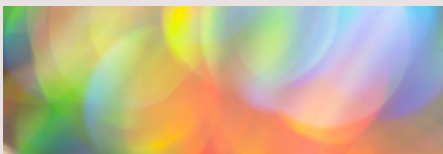
10

## Some Community Resources

- + Oregon Attorney Assistance Program <https://oaap.org>
- + Mindfulness in Law Society <https://www.mindfulnessinlawsociety.org/>
- + SHE RECOVERS Support for Legal Professionals <https://sherecovers.org>
- + Institute for Well-Being in Law <https://lawyerwellbeing.net>
- + NARA NW <https://www.naranorthwest.org>
- + Wellbriety <https://www.wellbriety.com/circles.html>
- + GTD Go The Distance <https://www.gtdgothedistance.org>

11


## ILS Executive Committee



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12

# ILS CLE Committee



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13



# Thank you!

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14