

Stress Reduction/Meditation Series

Free. No registration required.

- Place:** Lawyers Concerned for Lawyers, Inc., 31 Milk St., Suite 810
- Time:** Every Wednesday, 11:50 to 12:50 PM
- Led by:** Nancy Brown, LICSW & John Monterisi, Esq.

The “*Relaxation Response*” is a physical and mental state of deep rest that changes our physical and emotional responses to stress. It can be induced by a variety of meditation techniques known and long-practiced in many parts of the world. The effects, when practiced regularly over time, have been scientifically measured and proven to produce significant physical, mental and emotional benefits. These include:

- Reduced symptoms of stress-related disorders such as high blood pressure, gastrointestinal problems, or sleep problems;
- Enhanced concentration, focus, clarity, calmness, and;
- Reduced symptoms of depression and increased sense of well-being.

The practice of law is inherently stressful. Lawyers can and do tolerate high levels of stress, which over time, inevitably take a toll. We can’t eliminate stress, but we can reduce its effect on us. This on-going group will provide lawyers with the opportunity to learn how to achieve the “Relaxation Response,” and will provide a venue for lawyers already versed in meditation who would like to join others in a mid-day “time-out” to relax and re-charge.

For more information, go to www.lclma.org, click Stress Reduction/Meditation Series, or email nancyb@lclma.org