

# **PROCLAMATION**

## **First Judicial District Bar Association**

### **APRIL 2021**

2020-2021

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1st Judicial District Bar Association  
PO Box 1733 Wheat Ridge, CO, 80034  
303-279-5568 Phone and Fax  
Web Site: [1stjd.org](http://1stjd.org)  
FB: 1st Judicial District Bar Association



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PROFESSIONALS YOU CAN TRUST

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Jeffco

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MVL



## PRESIDENT'S COLUMN

Samantha Lillehoff

“Uh oh. Sounds like somebody’s got a case of the Mondays.”

—Nina, *Office Space*

I don’t know about you all, but April has left me mentally, physically, and emotionally drained. From the seemingly endless news stream highlighting mass shootings and police-involved violence, and the non-stop, high-stakes environment surrounding legal work, to the daily grind of maintaining a household in year 2 of a global pandemic—for some reason, April has been piling it up so high that the rewarding and wonderful experiences and memories that surely must be there seem obscured. My husband noticed and gently (bless him) suggested that I *might* be experiencing some degree of burnout. Lightbulb moment.

I know that I am not alone because, unfortunately, articles addressing burnout (especially for lawyers) abound. Some writers characterize burnout as a syndrome “resulting from chronic workplace stress,”<sup>1</sup> others as a “disease of disengagement” that “arises slowly, like a frog in a slowly boiling pot[.]”<sup>2</sup> There is a wide and varied discussion regarding the causes of lawyerly burnout (chronic stress, a highly competitive work environment that tends to attract perfectionists, billing demands, etc.), but for myself and perhaps for the other toasty frogs reading this, the more urgent topic is how to deal with burnout once you’ve found yourself in it.

After conducting some research and reflecting on what has worked for me in the past, I have compiled the following list of promising ways to address burnout.

- 1. Sleep.** Give screens a rest at least 30 minutes before going to bed at a reasonable hour. Do not doomscroll on your phone into the wee hours, do not go over your to-do list for the hundredth time while laying in bed. Just. Go. To. Sleep. And, try to get 7 or 8 hours.
- 2. Drink water.** Hydrating can help you feel less fatigued and even less hungry. Also, replacing Your next cup of caffeinated beverage with water may also decrease jitteriness and anxiety.
- 3. Breathe.** Take big belly breaths, drop your shoulders, unclench your jaw. Setting reminders on your phone or Outlook at regular intervals can help you do this all day. An oxygenated brain is a happy brain. Pausing for a breath may make you re-think sending that brash email to opposing counsel or to a difficult client.

<sup>1</sup> <https://www.clio.com/blog/lawyer-burnout/>

<sup>2</sup> <https://lawyerist.com/blog/recognize-prevent-lawyer-burnout/>

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**4. Humble yourself.** Remember that the world has been turning since before you graduated from law school, and will almost certainly keep turning once you've retired. Quality work product and zealous representation are important, but nobody gets it perfect, not even lawyers with names like Learned Hand. Just try to leave things a bit better than you found them that morning; sometimes that will not be possible, and that is ok.

**5. Write a list (and cross something off).** Writing down lists can help organize jumbled thoughts and clear your mind, especially at the start of a work day or right before bed. It can also stave off writer's block or stress paralysis. If you feel overwhelmed, write down, "1. Make a list," and 2 or 3 other tasks that you can complete in the next 8 hours. Then, cross off item number 1 and carry on.

**6. Do something fulfilling and nourishing to your soul every day.** Call a loved one. Exercise. Spend 30 minutes on a neglected but beloved hobby. Pray or meditate. Sing a sea shanty. Eat something delicious. Listen to your favorite song while doing nothing else. Scream into the void. Give yourself permission to seek fulfillment outside of work or the law.

What do you say we climb out of the pot?

# NEUTRALS YOU KNOW, PROFESSIONALS YOU CAN TRUST.

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Dispute  
Resolution  
Systems

1ST JD BAR ASSOCIATION  
Virtual CLE  
Tuesday, May 11, 2021  
12:00 pm – 1:00 pm

CLE Members \$10  
Non- Members \$15



## **Wrongful Conviction & The Role of Conviction Integrity Unit**

**Presented by**  
**Jennifer Kilpatrick, Esq.**  
**Director of Conviction Integrity & Equity**  
**Office of the First Judicial District Attorney**

Virtual CLE Presented via Ring Central  
Register at

<https://1stjd.org/events/#!event/2021/5/11/wrongful-conviction-the-role-of-conviction-integrity-unit-presented-by-jennifer-kilpatrick-esq-director-of-conviction-integrity-equity-office-of-the-first-judicial-district-attorney>

OR

[admin@1stjd.org](mailto:admin@1stjd.org)

**Sign in information will be sent to you after registration.**  
CLE Credit Requested

**The 2021-2022 1st Judicial District Bar Association board nominees are shown below.** The Nominating Committee submits this slate of board members for approval. Nominees will be approved at the May 11 virtual CLE. You may participate in the process which will take place at 12:00 prior to the CLE. If you want to participate in the nomination, or plan to comment on the nominees, request a link from [admin@1stjd.org](mailto:admin@1stjd.org). After the vote your link will end unless you are registered for the CLE.

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**Judge Christopher Zenisek**

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**Jenie Wray**

## **Partners in Recovery Roundtable Zoom Event 2021**

**Conversations with Judges and graduates of the Problem-Solving Courts that Court Support Jeffco assists.**

**Wednesday May 5, 2021  
7:30 am to 8:30 am, via Zoom**

Register here (**by Monday May 3rd**)  
with a suggested minimum donation of \$50.

[https://www.paypal.com/donate/?cmd=\\_s-xclick&hosted\\_button\\_id=GHWPHNFBTNGNW&source=url](https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=GHWPHNFBTNGNW&source=url)

\*1 Colorado CLE credit applied for\*

To receive the Zoom link please enter your email in  
contact information when registering

## **It's time to kick off the 2021 Virtual Barristers' Benefit for Metro Volunteer Lawyers!**

This year, area law firms and related companies are going head-to-head to fundraise for Metro Volunteer Lawyers! We invite you to create a team for this friendly competition. In addition to supporting a critical cause in the legal industry, participating companies will find this to be a positive experience.

### **Why create a team?**

- **Branding Opportunity:** We encourage our teams to openly advertise your involvement on your company social media, newsletters and publications, your website, and any other public-facing avenues. This is a great way to demonstrate your company's involvement in community charity to prospective clients and customers.
- **Employee Morale:** Giving to and involving your employees in charity is [good for morale](#). This is a fun way to tap into your employees' natural competitive drive and to increase cohesion with this team building activity.
- **Seamless Integration:** Our platform and fundraising toolkit provides you with everything you'll need to make your team a success. We've written everything for you, meaning this project will minimize staff time while maximizing your fun and team building experience.

### **Getting started is easy!**

Our [fundraising toolkit](#) gives you step-by-step instructions  
on how to create your team

Or, you can go directly to our [campaign platform](#).

You can get started right away!