



## PPC Shrink Me; Psychology of a Lawyer Mental Health and Wellness Resources

### The Business of Mental Health and Wellbeing Articles

#### 1. Hooked on Happiness

- [Drawn to Life with Liz Atkin](#)
- [What makes Lawyers happy – Florida Bar](#)
- [Resilience – Wellness Daily](#)
- [How Science Reveals That “Well-Being” Is a Skill - Mindful](#)
- [WELLBEING Center for Healthy Minds](#)
- [Well Being in Adults](#)
- [Happiness your workplace environment](#)
- [A budget guided by well-being – NY Times](#)
- [I just bonged myself into oblivion – Brad Pitt](#)

#### 2. Break Burnout

- [Video on burnout in the land of work-life balance - BBC](#)
- [Depression and Stress affecting high number of third level students - Independent](#)
- [Burnout doesn't look how we expect it – The Hill](#)
- [Breaking point burnout in the workplace](#)

#### 3. Mind Mental Health

- [Secondary Traumatic Stress for Educators Understanding and Mitigating the Effects MindShift KQED News](#)
- [The Subtle OCD Compulsion You Might Not Know You're Doing Psychology Today](#)
- [Dr Jonathan Grayson - OCD Recovery \(Ep 45\) The OCD Stories](#)
- [A guide to going back to work after a mental health illness](#)
- [Perfectionism - Mental Disorder](#)
- [Post-natal depression came crashing into my life](#)
- [Re-imagining compulsive skin picking](#)

#### 4. Solicitor Specific

- [American Bar - Mental Health Report - National Task Force](#)
- [Lawyers experience high rate of anxiety – ABC News](#)
- ['Caste System' – American Lawyer](#)

- [Kitty has sad lesson for lawyers](#)
- [Barristers get app report widespread problem bullying sexual – The Telegraph](#)
- [Mental Health Institute of Legal Professions EU](#)
- [Spain already has a Study on Spanish Lawyers Health and Wellbeing](#)
- [Lawyers and work related stress – A GP's view](#)

## 5. General Psychology

- [Mental Health Project \(Blue Dot\) - Google](#)
- [Will the 4 day work week take hold in Europe?](#)
- [Mental Health First Aid Negative Impacts – HR Magazine](#)
- [Freud's Model of the human mind](#)
- [Creating time to think](#)
- [The Brains Empathy Gap – NY Times](#)

## 6. Organisational Psychology

- [Workplace stress is eroding our productivity – Dropbox Blog](#)
- [Employers are recognising the importance of supporting employees' mental health](#)
- [Thinking time – Why it should be essential in every workplace](#)
- [Four Day Fallacy busting myth of part time working mums – Sydney Morning Herald](#)
- [When your job is your identity, Professional Failure hurts more](#)
- [Mental Health in Graduate School – chronicle of higher education](#)