

# Calm in the Storm: Tools to Keep Your Cool in the Corona Crisis

APRIL 8, 2020

Laura Mahr, a former lawyer turned mindfulness-based resiliency coach for attorneys, hosted a webinar on April 8 to help those in the legal profession stay resilient during times of uncertainty and support mental, physical, emotional, and spiritual well-being as we navigate the COVID-19 pandemic.

This virtual program educated participants on the neurobiology of stress and how stress in a crisis impacts the practice of law. It also presented five practical tools that participants can immediately put to use to build resilience to stress, increase cognitive functioning, and maintain professionalism and ethical duties to clients.

This program was offered by the North Carolina Lawyer Assistance Program, LAP Foundation of NC, Inc., BarCARES, and NC Bar Foundation. It was approved for CLE credit\* in North Carolina, and is available as a resource to all interested lawyers, judges, legal support staff, and law school students.

1 Min Read

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