

Title of Session: Judicial Stress

Session Chairperson: The Hon Sir Marston Gibson

Session Panellist: Professor Joseph Sadek, Professor of Psychiatry, Dalhousie University.

Objectives:

At the end of this session, participants will be able to:

- a. Describe some main causes of judicial stress, and
- b. Identify interventions to effectively deal with judicial stress

Key points:

Dr Sadek shared that:

1. The effects of stress can take several forms including: memory problems, difficulty remembering and self-imposed isolation.
2. Stress can also be manifested in physical ways with aches and pains.
3. Dr. Sadek indicated that there has been research conducted and the results have revealed that higher stress levels can also lead to cardiovascular problems.
4. Prolonged stress causes weaknesses in your immune systems which leads to more frequent illnesses.
5. There are several ways in which judicial officers can reduce their stress levels including: maintaining high levels of organisation, use of technology and time management.
6. Four skills to optimize your use of time: prioritization, scheduling, goal setting, and overcoming procrastination.
7. Goals should be SMART.

Specific

Measurable

Action oriented

Realistic

Time-limited

8. Some positive stress relief techniques are:
 - Self-care
 - Time Management
 - Support systems
 - Reach people you trust
 - Let go your guilt
 - Try different relaxation techniques (15-20 min)



Questions and Responses (note who asked the question, their jurisdictions, and key points from the response/discussion):

1. Is there a book on how to deal with stress?

Answer: Dr Sadek will provide a link to a book that talks about stress.

2. Are devices stress relief?

Answer: If the screen time is a lot the stress will be more.