Managing Judicial Stress:
Approaches and Techniques

Dr. K. Jayasankara Reddy
Christ University,
Bangalore – 560 029

jayasankara.reddy@gmail.com
Overview

- Importance of stress management
- Nature of judicial stress
- Impact of judicial stress
- Management approaches
- Techniques
- Participant discussion and ideas
Importance of Stress Management

- 80% of all modern diseases have their origins in stress.

- In the UK, 40 million working days per year are lost directly from stress-related illness.

- Costs in absenteeism to British industry is estimated at £1.5 billion pounds per year.

- Cognition/Performance/wellbeing/Happiness.
Importance of Stress Management

- Cancer prognosis and treatment
- HIV to AIDS
- Immune system disease
- Stress induced infertility
- Diabetes
- Cardiovascular disease
- Academic stress
Importance of Stress Management

- Digestive disorders
- Ulcers
- Skin complaints - psoriasis
- Headaches and migraines
- Pre-menstrual syndrome
- Depression
Judicial Stress

- Professional related
  - Physicians
  - Nurses
  - Health
- Very little know
- Work related stress on Judges and Police
  - India
  - Increasing risks

- Behavioral science
  - Psychology/ Law/ Forensic/ criminology
Concepts

\[ S = P > R \]

- Stress occurs when the pressure is greater than the resource
Stress Response

Fight or Flight Response

✓ Positive vs Negative stress

✓ When situations seem threatening to us,

✓ Our bodies react quickly to supply protection by preparing to take action.
Stress Response
Fight or Flight Response

- Nervous system
  - Autonomic Nervous System
    - Sympathetic
    - Parasympathetic

- Endocrine System
  - Stress hormone - cortisol
Vulnerability to Stress

- Some people are more vulnerable to stress than others.

- Determine your level of vulnerability to stress by completing the following worksheet: 
  [Vulnerability to Stress](#)

- Personality type
Vulnerability to Stress Scale
Personality Type

- Scoring Key
### TABLE 8
Factor-wise Norms for Interpretation of Raw Scores

#### FORM 'A'  

<table>
<thead>
<tr>
<th>Factors</th>
<th>I: Tenseness</th>
<th>II: Impatience</th>
<th>III: Restlessness</th>
<th>IV: Achievement</th>
<th>V: Domineering</th>
<th>VI: Workaholic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>12.13</td>
<td>8.04</td>
<td>8.06</td>
<td>11.04</td>
<td>8.59</td>
<td>5.18</td>
</tr>
<tr>
<td>S.D.</td>
<td>2.90</td>
<td>1.58</td>
<td>2.27</td>
<td>2.18</td>
<td>2.08</td>
<td>1.81</td>
</tr>
<tr>
<td>Normal Range</td>
<td>9-15</td>
<td>6-19</td>
<td>6-10</td>
<td>9-13</td>
<td>6-11</td>
<td>3-7</td>
</tr>
<tr>
<td>High</td>
<td>16 &amp; above</td>
<td>11 &amp; above</td>
<td>11 &amp; above</td>
<td>14 &amp; above</td>
<td>12 &amp; above</td>
<td>8 &amp; above</td>
</tr>
<tr>
<td>Low</td>
<td>8 &amp; below</td>
<td>5 &amp; below</td>
<td>5 &amp; below</td>
<td>8 &amp; below</td>
<td>5 &amp; below</td>
<td>2 &amp; below</td>
</tr>
</tbody>
</table>

#### FORM 'B'  

<table>
<thead>
<tr>
<th>Factors</th>
<th>I: Complacent</th>
<th>II: Easygoing</th>
<th>III: Non-Assertive</th>
<th>IV: Relaxed</th>
<th>V: Patience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>10.51</td>
<td>14.61</td>
<td>7.67</td>
<td>9.34</td>
<td>9.85</td>
</tr>
<tr>
<td>S.D.</td>
<td>2.71</td>
<td>2.59</td>
<td>1.59</td>
<td>2.29</td>
<td>2.11</td>
</tr>
<tr>
<td>Normal Range</td>
<td>8-13</td>
<td>12-17</td>
<td>6-9</td>
<td>7-12</td>
<td>8-12</td>
</tr>
<tr>
<td>High</td>
<td>14 &amp; above</td>
<td>18 &amp; above</td>
<td>10 &amp; above</td>
<td>13 &amp; above</td>
<td>13 &amp; above</td>
</tr>
<tr>
<td>Low</td>
<td>7 &amp; below</td>
<td>11 &amp; below</td>
<td>5 &amp; below</td>
<td>6 &amp; below</td>
<td>7 &amp; below</td>
</tr>
</tbody>
</table>

**USES OF THE SCALE**
A + B Type Personalities

Type A
- Competitive
- Time urgent
- Hostile and aggressive

Type B
- Relaxed
- One thing at a time
- Express feelings
TYPE A PERSONALITY

More competitive

TYPE B PERSONALITY

More relaxed
<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guilty about relaxing</td>
<td>Enjoys lunch / a break</td>
</tr>
<tr>
<td>Hostile</td>
<td>Likes to Laugh</td>
</tr>
<tr>
<td>Hurries</td>
<td>Takes Time</td>
</tr>
<tr>
<td>Focuses on outcome</td>
<td>Focuses on Process</td>
</tr>
<tr>
<td>Holds on</td>
<td>Lets go</td>
</tr>
<tr>
<td>Many things at once</td>
<td>Paces Self</td>
</tr>
<tr>
<td>Reads the headlines</td>
<td>Reads the “funnies”</td>
</tr>
</tbody>
</table>
Legal Personality

- Academics
- Personality traits
- Curriculum
- Expectation
- Attention
- Cognitions
- Different
Legal Personality

• Perfectionist
• Driven
• Competitive
• Ambitious
The Legal Personality

- Unable to delegate
- Highly aspirational
- The A type personality
Secondary or Vicarious Trauma

Secondary or Vicarious Trauma

- Continued exposure to those actively suffering trauma can result in shifts in the personal perception and experience of life of the observer.

- Emotions
- Internship
- Resilience Vs Trauma
- Academic training
  - Health
  - Legal education
  - Screening
Secondary or Vicarious Trauma

- ROL – Interesting findings

- “Anybody who engages with trauma survivors or perpetrators ... can be open to vicarious trauma, even Judges.”

- “Judges hear terrible things.”
  
  Lisa McCann and Dr Laurie Pearlman

- “Vicarious trauma is an occupational hazard”
  
  Donald C Murray Q.C (Canada) + Johnette M Royer.
Vicarious Trauma - Video
Potential Results of Vicarious Trauma

• Reduced tolerance to others
• Difficulty in relating to others
• Increased cynicism
• Becoming overly judgemental of others
Potential Results of Vicarious Trauma

- Emotional numbing
- Sleep problem
  - Secondary problems
- Depression
- Addictive behaviour
Stress Management Approaches

- Two major reasons:
  - We perceive a situation as dangerous, difficult, or painful.
  - We don't believe we have the resources to cope.
RECOGNISE THE PROBLEM/ Stressers

◆ The most important point is to recognise the source of the negative stress.

◆ This is not an admission of weakness
  ◆ Self awareness
  ◆ Biofeedback/ Neuro-feedback

◆ It is a way to identify the problem and plan measures to overcome it.
STRESS MANAGEMENT
STRESS CONTROL

- A B C STRATEGY
ABC Strategy

A = Awareness
B = Balance
C = Control
ABC STRATEGY

A = AWARENESS

What causes you stress?
How do you react?
ABC STRATEGY

B = BALANCE

- There is a fine line between positive / negative stress

- How much can you cope with before it becomes negative?
ABC STRATEGY

C = CONTROL

What can you do to help yourself combat the negative effects of stress?
Dimensions & Interpretation

- Task oriented coping- 2, 6, 8, 11, 13, 16, 19
- Emotion oriented coping- 3, 5, 10, 12, 14, 17, 20
- Avoidance coping- 1, 4, 7, 9, 15, 18, 21
COPING SKILLS

Emotion-focused coping strategies
- Efforts to manage or reduce the emotional distress that is aroused in stressful situations.

Problem-focused coping strategies
- Efforts to manage or modify the source of the stressful situations, such as finding a solution to the problem.
Problem vs. Emotion-Focused Coping

1. Is there a problem?
   - Yes
   - Can I change it?
     - Yes
       - Is now the good time to work on it?
         - Yes
           - Problem-focused Coping
         - No
           - No
     - No
       - Emotion-focused Coping
Reducing Judicial Stress

Find a support system. Find someone to talk to about your feelings and experiences.

- Emotional suppression
  - Self perception
  - Society/ media expectation
  - Decision making – lawyers
  - Decision reviewed
Reducing Judicial Stress

Change your attitude.
Find other ways to think about stressful situations.

"Life is 10% what happens to us, and 90% how we react to it."

Placebo effect
Reducing Judicial Stress

Be realistic. Set practical goals for dealing with situations and solving problems.

Develop realistic expectations of yourself and others.
Reducing Judicial Stress

- **Get organized and take charge.** Being unorganized in poor planning often leads to frustration or crisis situations, which most always leads to feeling stressed.

- Plan your time, make a schedule, establish your priorities.
Reducing Judicial Stress

- Take breaks, give yourself "me time."

- Learn that taking time to yourself for relaxation is just as important as giving time to other activities.

- At minimum, take short breaks during your busy day.
Reducing Judicial Stress

• **Take good care of yourself.** Eat properly, get regular rest, keep a routine. Allow yourself to do something you enjoy each day.
Reducing Judicial Stress

- Get regular exercise. Exercising regularly can help relieve some symptoms of depression and stress, and help us to maintain our health.
Reducing Judicial Stress

- **Laugh, use humor.** Do something fun and enjoyable such as seeing a funny movie, laughing with friends, reading a humorous book, or going to a comedy show.
Relaxation Exercises

- Many different kinds, but some are:
  - Deep Breathing - activity
  - Visualization: Visualization is a nice way of giving our minds and bodies a "mini vacation."
  - Muscle Relaxation
Reducing Stress

- **Learn to relax.** Develop a regular relaxation routine.
- Try yoga, meditation, or some simple quiet time.
Guided Mediation - Practice
Stress Management Plan

- Think about a situation (or situations) that is particularly stressful to you.

- Come up with a plan for handling this situation (using the information that you have gained from this presentation).
The Stress Planning Process

1. Identify the sources of stress in your life

2. With:
   - The Schedule of Recent Experience
   - Stress Diaries
   - Stress SWOT

3. List and prioritize the sources of stress

4. Identify appropriate stress management techniques

5. With:
   - The Stress Key

6. Create your stress management plan
Group Activity
Managing Judicial Stress

- Training (curriculum & Induction for new judges)
- Vicarious/secondary trauma
- Need for social awareness
- Continuous training
- Awareness of stress response
- Control – convert into positive stress
Thank you

jayasankara.reddy@gmail.com