



JUNE 2008

Issue No. 70

OREGON ATTORNEY ASSISTANCE PROGRAM

IN SIGHT

for Oregon Lawyers

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

WOMEN'S WELLNESS RETREAT RECHARGES!

*Happy. Hopeful. Brave. Calm. Peaceful. Joyful.
Connected. Rested. Cheerful. Content. Fulfilled.
Committed. Curious. Serene. Inspired. Rejuvenated.*

These are just some of the words participants used to describe how they felt at the close of the first Women's Wellness Retreat, "Relax, Renew, and Recharge," held April 4-5, 2008, at the Heathman Lodge in Vancouver, Washington. Judging from the overwhelmingly positive response from participants, the retreat's co-sponsors – Oregon Women Lawyers and the Oregon Attorney Assistance Program – are likely to make it an annual event. In case you weren't able to attend, here is a sample of what you missed.

The weekend began with a Friday evening segment on wellness and unwinding, led by Virginia Terhaar, a licensed professional counselor who works extensively with professional women and lawyers in particular. Ms. Terhaar set the tone for the conference by encouraging us to reflect on our physical and emotional pulse, contemplate what we were hoping to get out of the weekend, and share the information with the group. She then led us to a place beyond small talk – a deeper level of awareness and connectedness with the other attendees and with ourselves.

On Saturday, Ms. Terhaar presented an educational session on aging well, including information on recent advances in neuroscience and an explanation about ways we can rejuvenate brain cells (keeping our brains more plastic) throughout our life. Meloney Crawford Chadwick followed with a presentation on making choices about time in our world filled with information overload and super-sized expectations. She showed us simple, practical techniques to diffuse the stress that can be so harmful to our health if sustained over time. Carol Munson, a lawyer and spiritual care counselor, explained the differences between surviving and thriving. She provided us with healthy coping strategies and then gently guided us through a meditation technique. We also talked amongst ourselves

and learned about each other's outlets for creativity and self-expression.

Susan Marshall, lawyer and certified yoga teacher, led us in relaxation and yoga exercises to invigorate our bodies as well as our minds. She taught us breathing and stretching techniques to incorporate into our workdays.

If we had arrived at the retreat feeling stressed from work, harried from traffic, or anxious about what the weekend might entail, by the time we checked out, most of us felt completely unplugged from the demands of daily life. Many of us also felt reenergized and happy to have connected with new people. A few of us even had time to reflect on our bigger goals and dreams.

"Relax, Renew, and Recharge" – a lovely weekend and a promise fulfilled!

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