



Lawyer–Artists Strike a Balance

This is my favorite issue of *Arizona Attorney Magazine*. It's always so impressive to see the artistic talent among our members. The lawyer–artists featured in this issue have shown that it is possible to maintain balance between their personal and professional lives. This is so important, given the stress that we are often under.

The truth is that lawyers suffer from a high incidence of substance abuse. Statistics show that an estimated 40 percent of lawyers nationwide suffer from depression and burnout. At least 25 percent suffer from alcoholism or some form of addiction. These numbers are well above those for the general population. Lawyers are four times more susceptible to depression than any other profession, and one-third of lawyers polled indicate that their job had a negative effect on their physical and emotional functioning.

The State Bar's Member Assistance Program (MAP) helps Arizona lawyers navigate through issues of stress, addiction and mental illness. MAP is offered by the State Bar as a service to members, either through the discipline process, or on a voluntary basis.

For those participating voluntarily, MAP offers confidential assistance to any Arizona attorney, judge or law student whose professional performance may be impaired because of physical or mental illness, emotional distress, substance abuse, compulsive gambling or other addictive behaviors. The State Bar's commitment to mental health and addiction recovery is unwavering. It will continue to achieve its goals and provide value to its members, despite having limited resources and a tight budget.

One proven way to relieve stress is to have some outlet to divert your attention from the rigors of the practice of law. Whether it be an artistic endeavor such as painting, music, photography or a hobby, I encourage you to do something you truly enjoy to relieve stress and to simply have fun. It's certainly worked for me.

My role model is my father-in-law, Rod McDougall. Rod

spent his impressive career as a public lawyer at the Attorney General's Office and as the Phoenix City Attorney. Although he's now retired, to maintain his balance Rod has been restoring a 1940s-era delivery sedan that was used in Phoenix.

He's worked on this vehicle for almost two decades, and I have to say it's pretty impressive.

My passion has always been music. I played guitar with a local lawyer band for many years, which was great fun while it lasted. I've given up performing except for the occasional blues jam in my

living room with my 5-year-old daughter, who's learning to play a mean harmonica. But I still enjoy playing and songwriting. I make it a point to set aside time to do just that as often as I can.

I recently took up drawing in an effort to branch out artistically, but as you can see from my

effort at a self-portrait, it's probably best that I stick with music for now. I hope you have discovered something fun that you enjoy outside the practice of law and have attained that perfect balance.

I will close by giving a shout-out to the lawyer–artists featured in the issue. Thank you for entertaining us with your amazing art and by showing everyone that lawyers can do more than practice law. I hope you continue to maintain that balance. 



Joe Kanefield, as drawn by Joe Kanefield

**I hope you have
discovered something
fun you enjoy outside
the practice of law.**

