



## **Managing Judicial Stress: Approaches and Techniques**

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

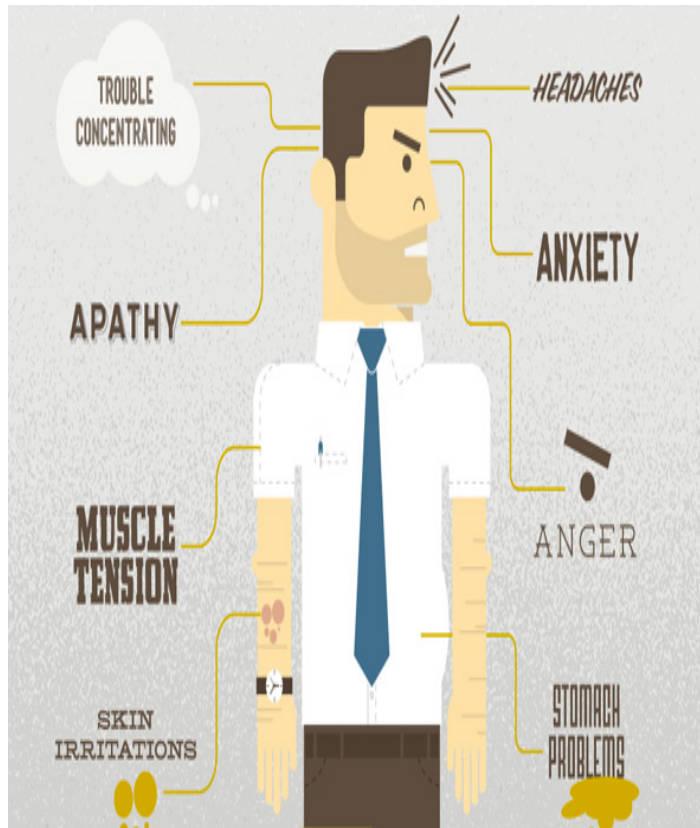
[jayasankara.reddy@gmail.com](mailto:jayasankara.reddy@gmail.com)

# Overview



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

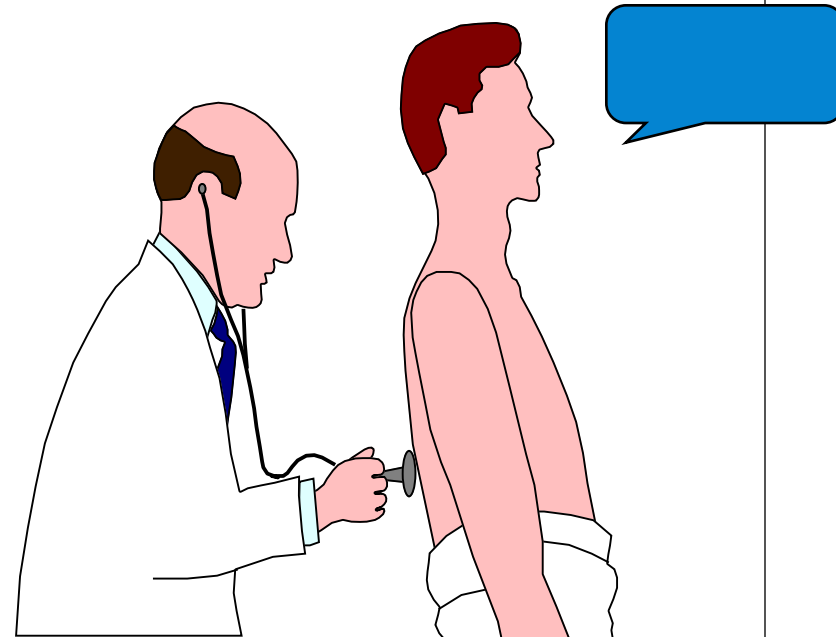
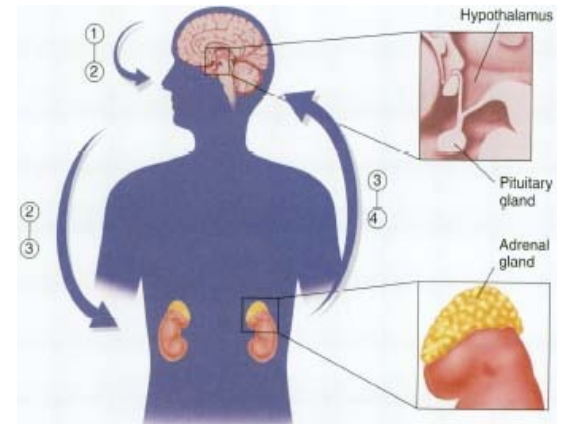
# Importance of Stress Management



- ◆ 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

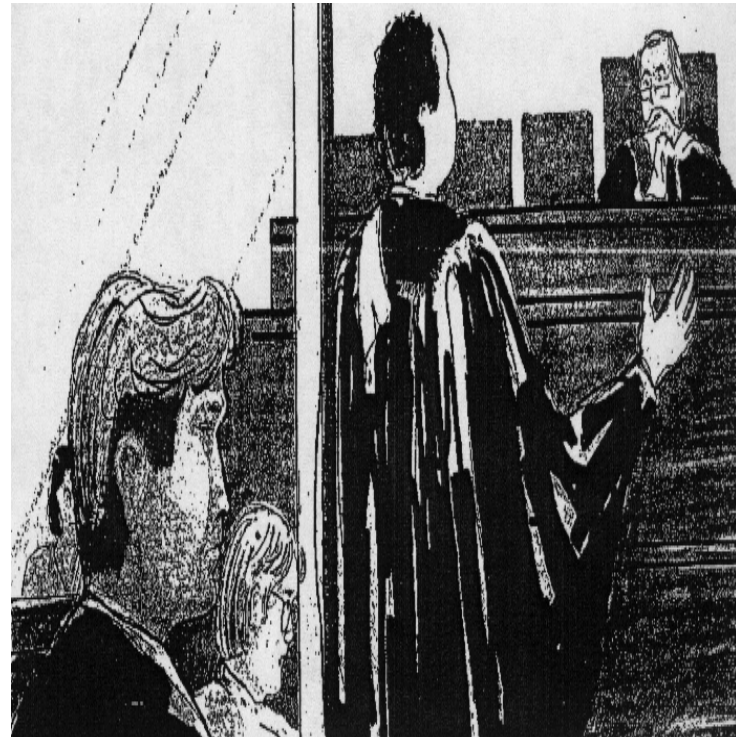
- Digestive disorders
- Ulcers
- Skin complaints - psoriasis
- Headaches and migraines
- Pre-menstrual syndrome
- Depression



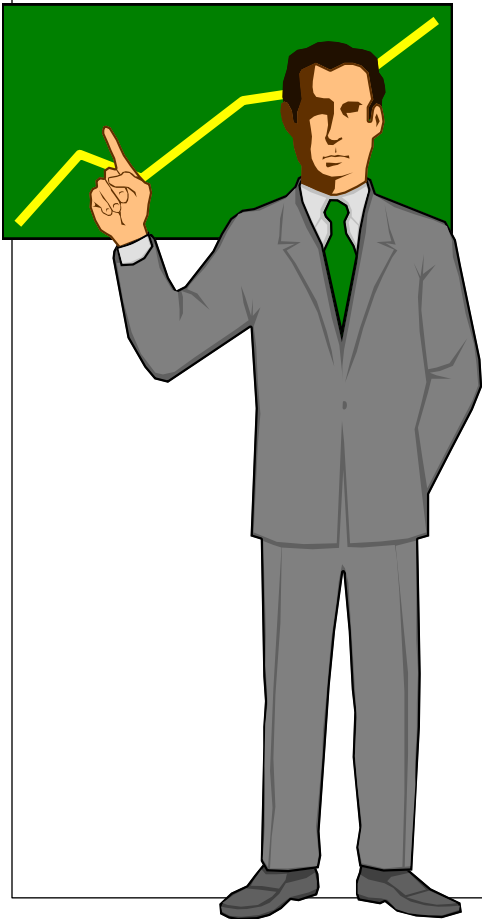


# Judicial Stress

- 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'

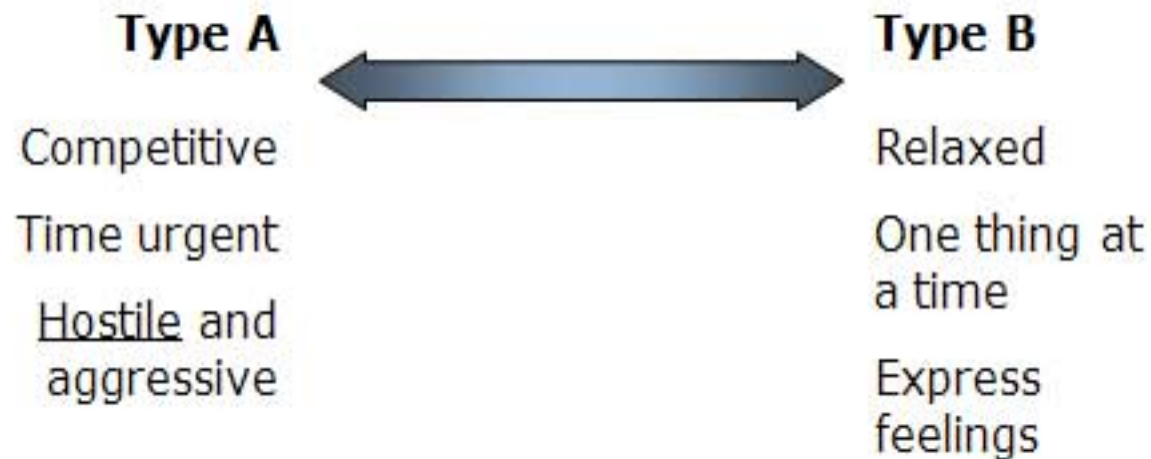
Factors	I Tenseness	II Impatience	III Restless- ness	IV Achieve- ment	V Domineer- ing	VI Workaholic
Mean	12.13	8.04	8.06	11.04	8.59	5.18
S.D.	2.90	1.58	2.27	2.18	2.08	1.81
Normal Range	9-15	6-10	6-10	9-13	6-11	3-7
High	16 & above	11 & above	11 & above	14 & above	12 & above	8 & above
Low	8 & below	5 & below	5 & below	8 & below	5 & below	2 & below

## FORM 'B'

Factors	I Complacent	II Easygoing	III Non-Assertive	IV Relaxed	V Patience
Mean	10.51	14.61	7.67	9.34	9.85
S.D.	2.71	2.59	1.59	2.29	2.11
Normal Range	8-13	12-17	6-9	7-12	8-12
High	14 & above	18 & above	10 & above	13 & above	13 & above
Low	7 & below	11 & below	5 & below	6 & below	7 & below

USES OF THE SCALE

# A + B Type Personalities



## TYPE A PERSONALITY



More competitive

## TYPE B PERSONALITY



More relaxed



# A + B Type Personalities

A	B
Guilty about relaxing	Enjoys lunch / a break
Hostile	Likes to Laugh
Hurries	Takes Time
Focuses on outcome	Focuses on Process
Holds on	Lets go
Many things at once	Paces Self
Reads the headlines	Reads the “funnies”

# 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

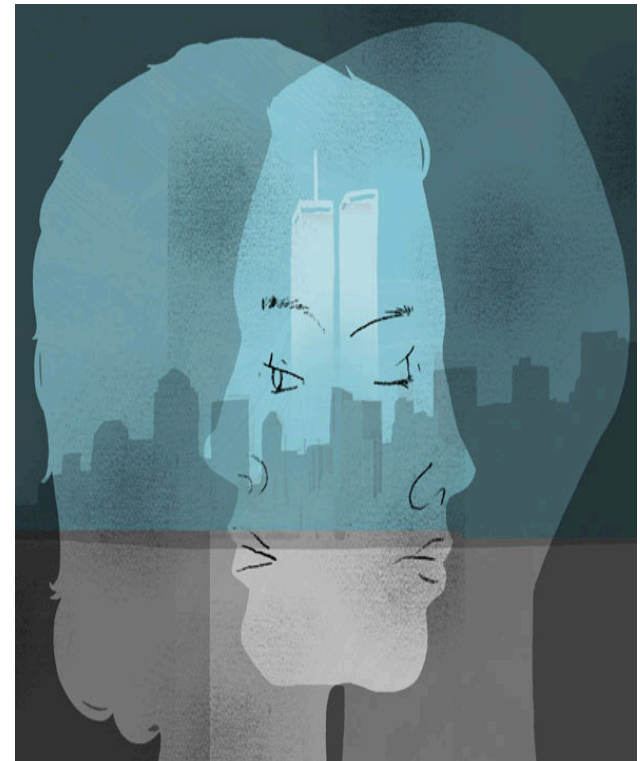


© Can Stock Photo - csp11943958



# 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 Truma
- Academic training
  - Health
  - Legal education
  - Screening

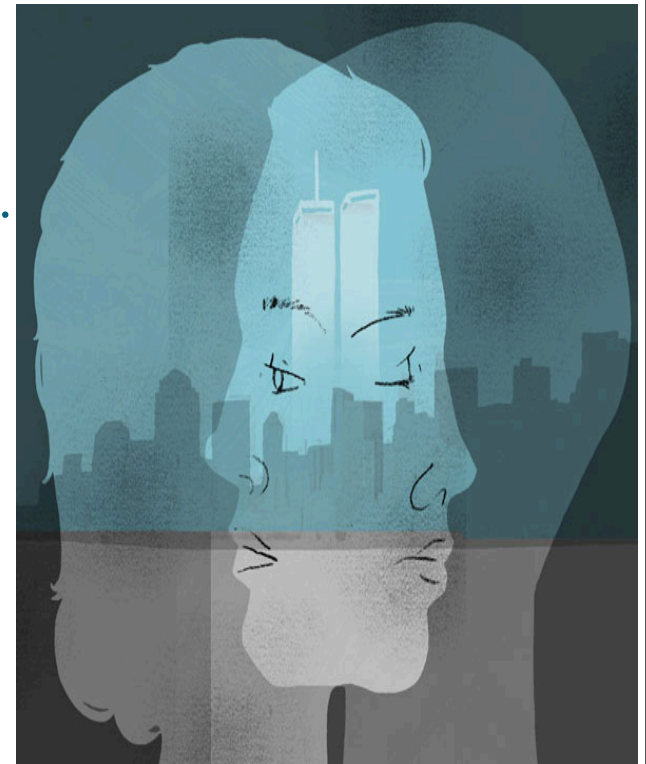




# Secondary or Vicarious Trauma

- 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.

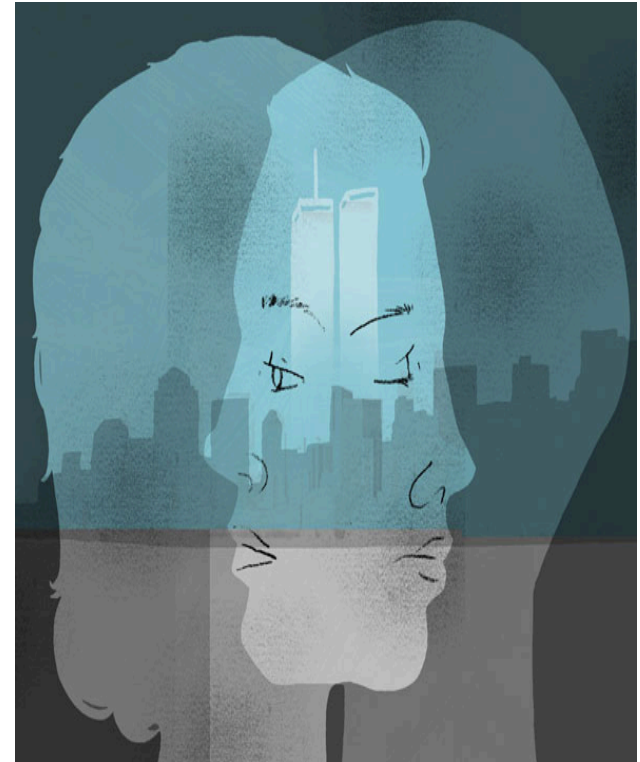


# Vicarious Trauma - Video



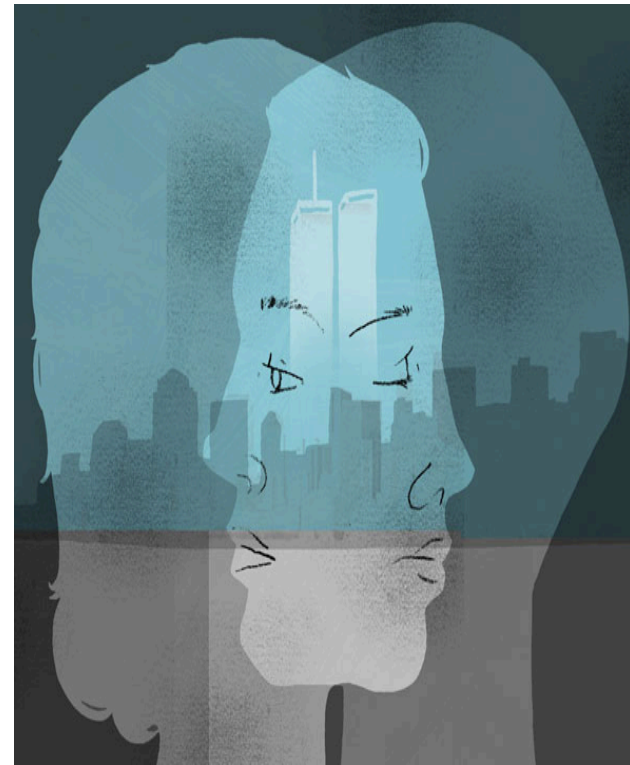
# Potential Results of Vicarious Trauma

- 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**

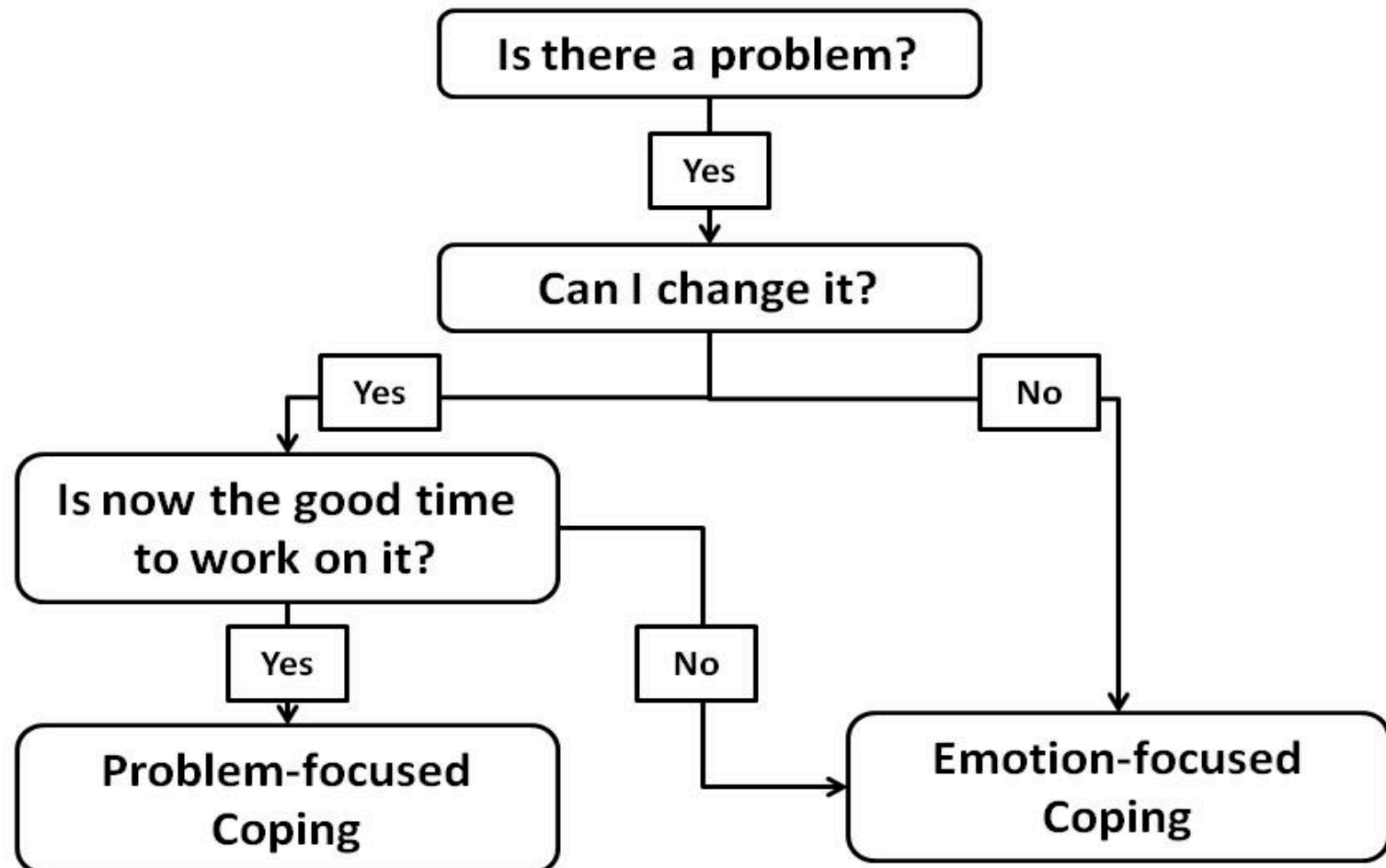
- Efforts to manage or reduce the emotional distress that is aroused in stressful situation.

## **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



# 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



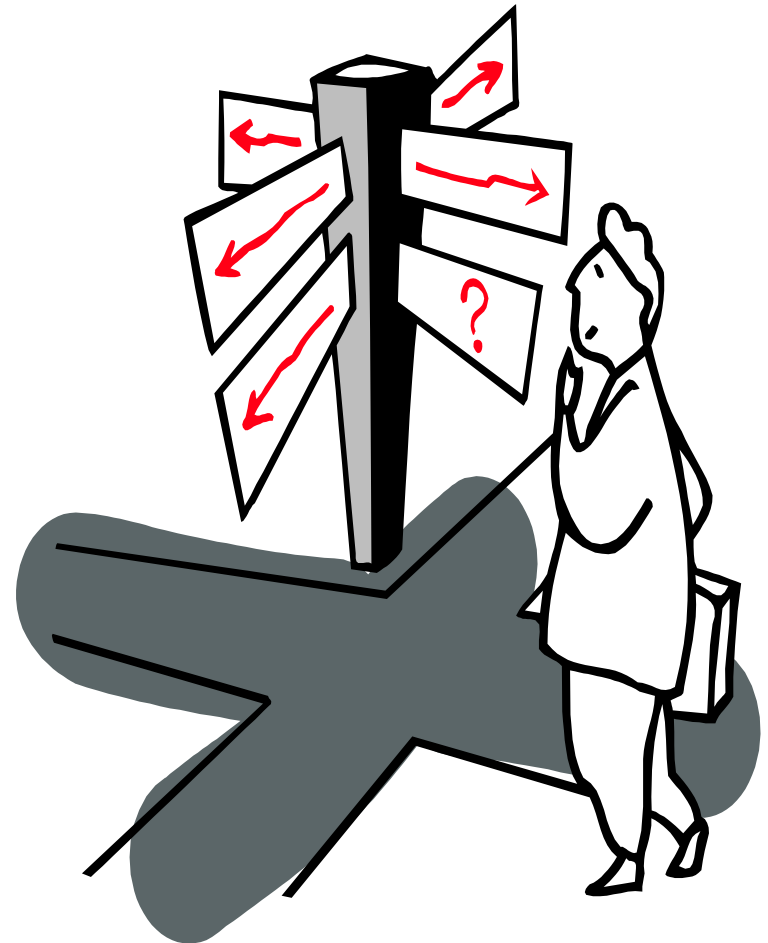
# Reducing Judicial Stress

## **Change your attitude.**

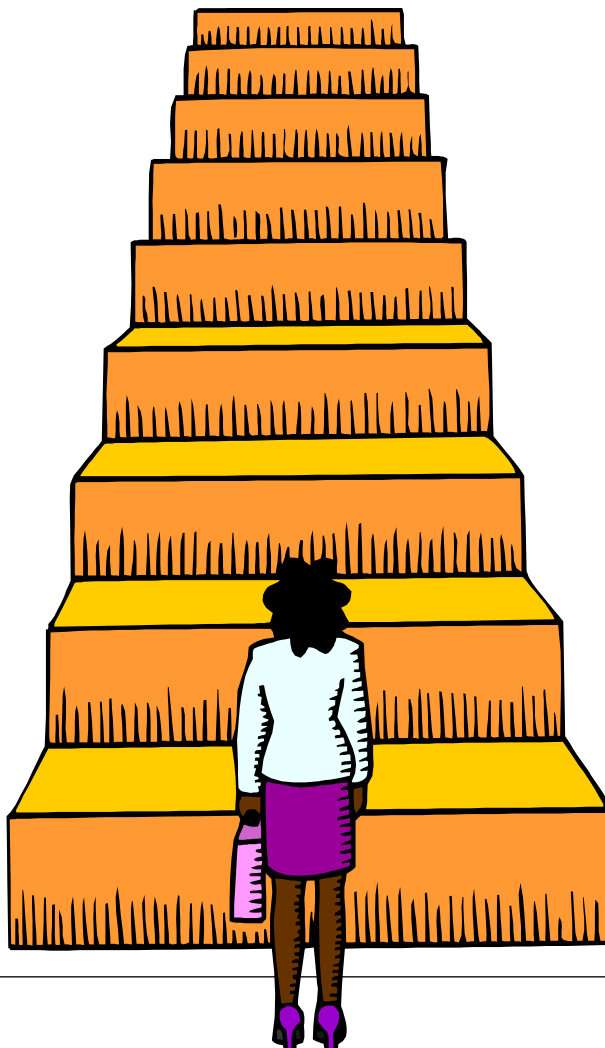
Find other ways to think about stressful situations.

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

Placebo effect



# Reducing Judicial Stress

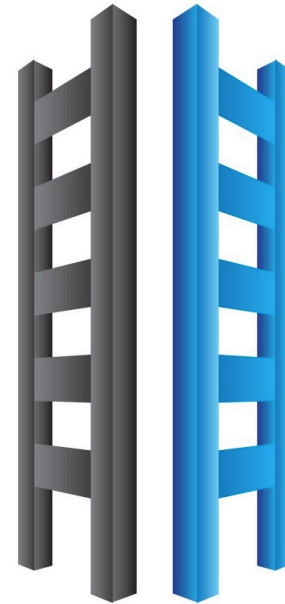


**Be realistic.** Set practical goals for dealing with situations and solving problems.

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.



PlanItWell

# 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.

*Take*  
A BREAK  
— (it's) —  
*good for*  
YOU)

# Reducing Judicial Stress

- o **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

- o **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.



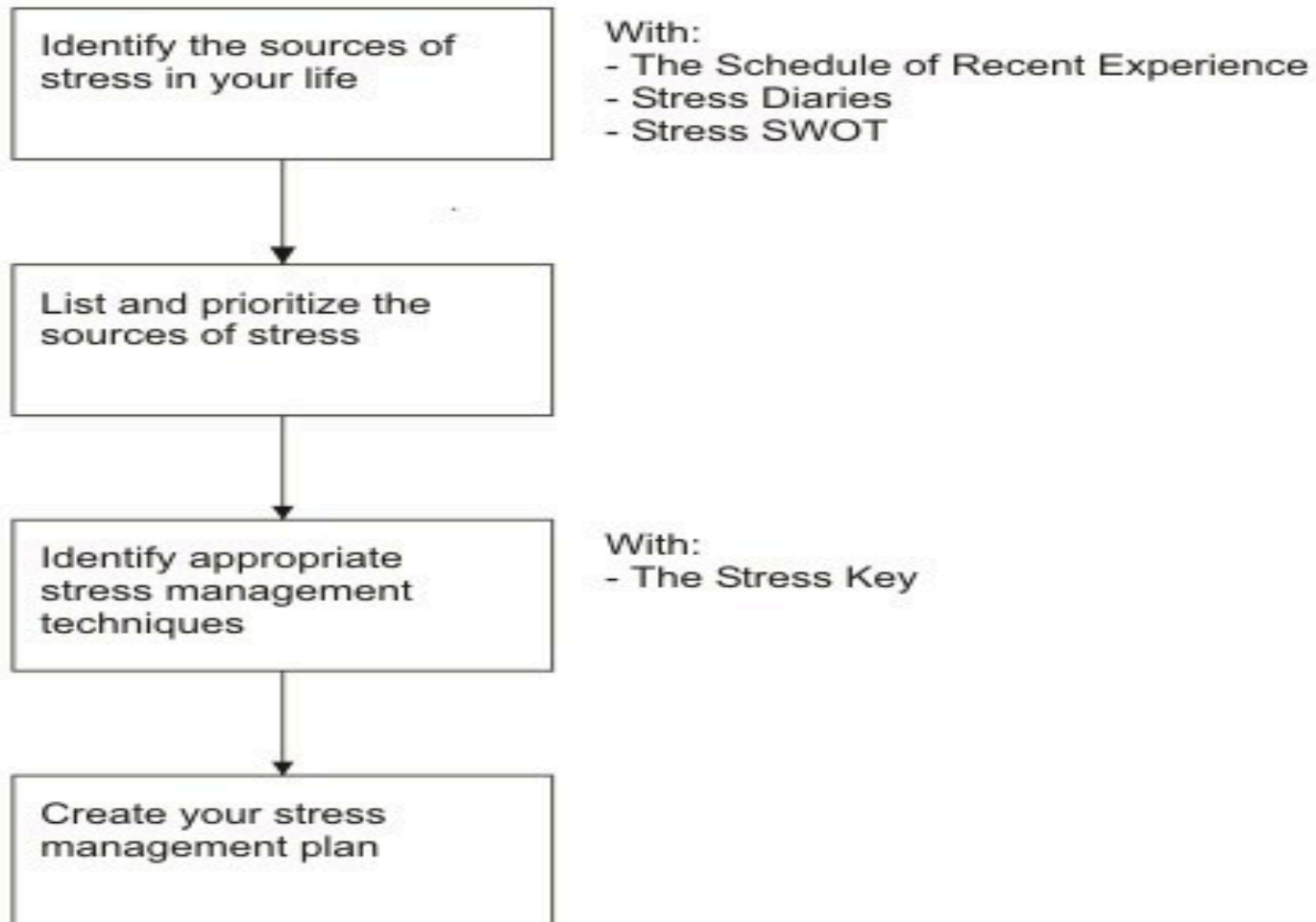
# Guided Meditation - Practice



# 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



# 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](mailto:jayasankara.reddy@gmail.com)