

Smile is a
sign of ...



Respect



It is neither awe



Nor it is fear



Facial expressions of emotions and changes in the body.

- If you intentionally make a facial expression, you change your physiology.
- By making the correct expression, you begin to have the changes in your physiology that accompany the emotion.
- The face is not simply a means of display, but also a means of activating emotion.

Stress & Judiciary



- Dr. Harish Shetty



Top 2 Stressors

1. Impact of their decisions
2. Heavy Case Load

Life as a Judge - Examining Stress within our judiciary
Nebraska Lawyer : 2020 - 2021

What are your TOP 2 STRESSORS ?





Other Stressors

1. Unprepared Lawyer's
2. Self represented Litigants
3. Dealing with same litigants without touching issues
4. Contentious Family Issues
5. Experiencing a sense of Isolation

Life as a Judge - Examining Stress within our judiciary
Nebraska Lawyer : 2020 - 2021

A close-up photograph of a man and a woman, likely a bride and groom, smiling warmly at each other. The man is on the left, wearing a white suit jacket and a patterned tie. The woman is on the right, wearing a white wedding dress and a pearl necklace. The background is softly blurred, showing hints of flowers and a warm, indoor setting.

Awareness of Feelings

Anger



Anger ka Chemical Locha

- Resentment
- Hostility
- Rage
- Revenge
- Hate



MENTAL HEALTH OF SISTER JUDGES

Imperfect Home is a healthy abode
Imperfect kitchen is a happy house
Imperfect mother is a happy wife
Imperfect wife is a happy marriage



- Dr. Harish Shetty

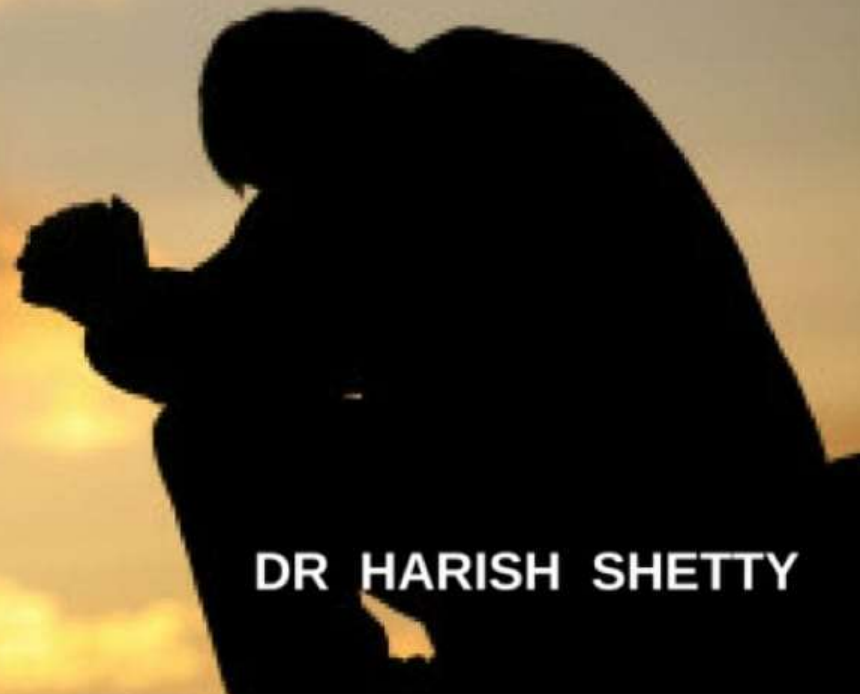


SADNESS

**SOLITUDE IS
A GOOD
PLACE TO
VISIT,**



**BUT A
BAD
PLACE TO
STAY.**



DR HARISH SHETTY

जो बह गया वो पानी है,
जो रह गया वो ज़हर है।

Tears are Liberating,
Never Stop them;

Dr. Harish Shetty

Psychiatrist & National President, My Home India



**Sadness is the flower pot
Empathy is the growing plant.**

Dr. Harish Shetty

Psychiatrist & National President, My Home India



Study of 1000 Judges (2021)

1. Fatigue
2. Sleep Disturbances
3. Increased Health Concerns
4. Physical Discomfort

Emotional Impact

1. Worrying about cases that were decided
2. Feelings of Apprehension or anxiety
3. Little time for family
4. Irritability

Irritability = Anger in Motion



Steps

- Feelings on the table
- Thoughts on the table
- Sensations on the table
- Proposed behaviour





How many experience high levels of

1. Overall Satisfaction
2. Engagement
3. Professional Efficacy

Judicial Stress & Wellbeing can coexist



**Locked Minds are Time Bombs !
Defuse it early lest it explodes inside you !**

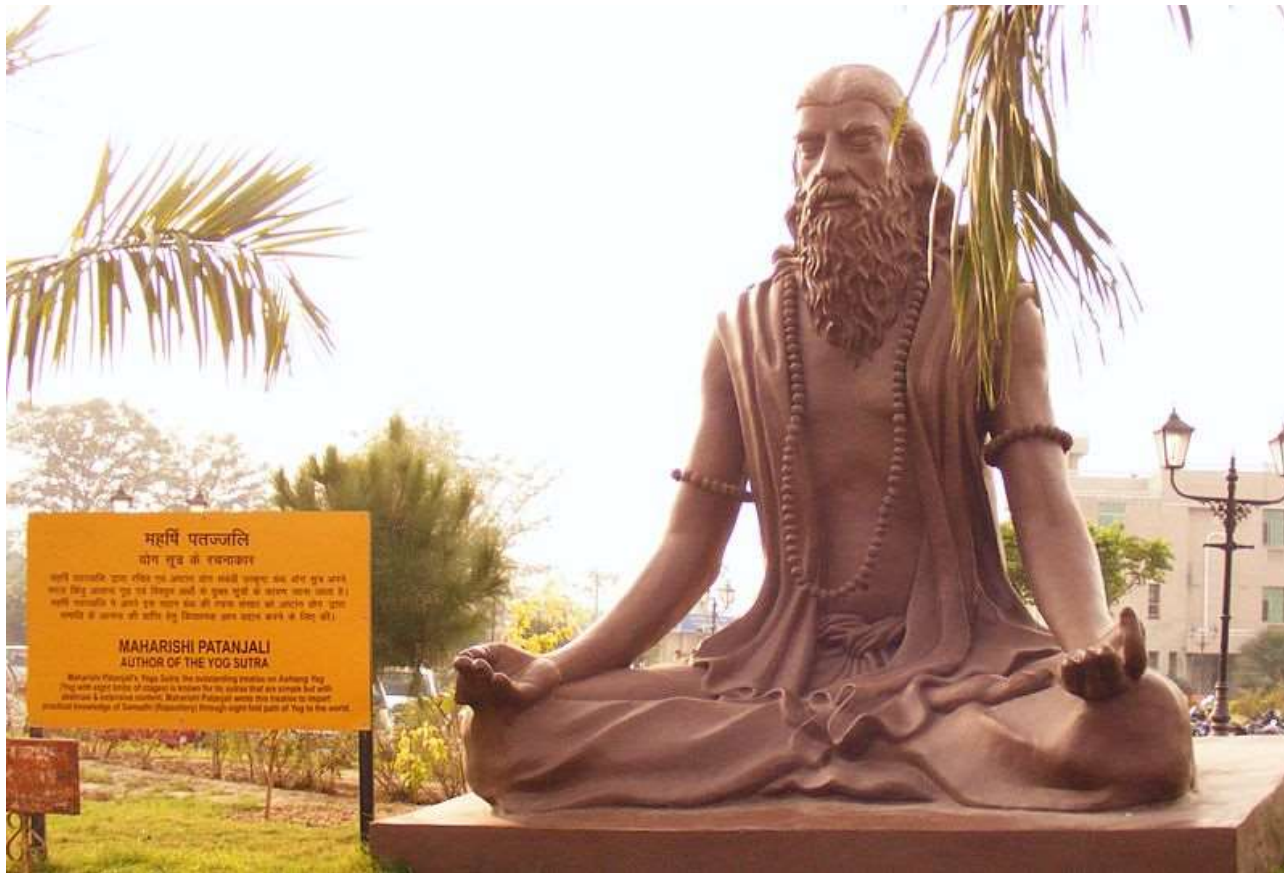
Dr. Harish Shetty

Psychiatrist & National President, My Home India



Friends , What are your psychological needs ?





Basic Psychological Needs

1. Autonomy
2. Competence
3. Relational

A still from a movie showing three people. On the left, a man with a mustache and a shocked expression, looking upwards with his mouth open. In the center, a woman with dark hair looking down with a sad or thoughtful expression. On the right, a man in profile, looking towards the woman. The word "Jealousy" is written in white text across the center of the image.

Jealousy

1. Wellbeing
2. Vitality
3. Motivation
4. Engagement



Quiz (fill in the blanks)

- 1/ Indians have mental illness
- 1/ dying of Suicide are daily wage labourers
- 1/ dying of Suicide are due to family problems
- _ crore Indians are mentally ill
- ___ Law. & ___ Law cause higher stress to judges largely
- _ & _ are the states with the lowest Suicide rates

True or False

- More Men die of suicide than Women in India
- More girls commit suicide under 18 years in India
- Emotional hijacking leads to peace and equanimity
- Vipassana was a gift that Sushrut gave to India
- Those who take excessive Alcohol are more prone to commit Suicide

True or False

- Empathy is always equal
- Empathy is Selective
- Empathy is the Gangotri , Compassion is the Ganga
- Empathy is part of our nature and not learnt
- Empathy bank needs to be replenished



Mind is not made of
IRON or STEEL !
Its made of NEURONS !
NOURISH it always.

Dr. Harish Shetty

Psychiatrist & National President, My Home India

S
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Building EMOTIONAL ENERGY BANK

SAFETY

1. Small Joys
2. Awareness
3. FCT
4. ECT
5. Togetherness
6. Yoga

Exercise can beat mild Depression



5 I s

1. Isolation
2. Insomnia
3. Irritability
4. Isolation
5. Impotence



Corumination is Dangerous

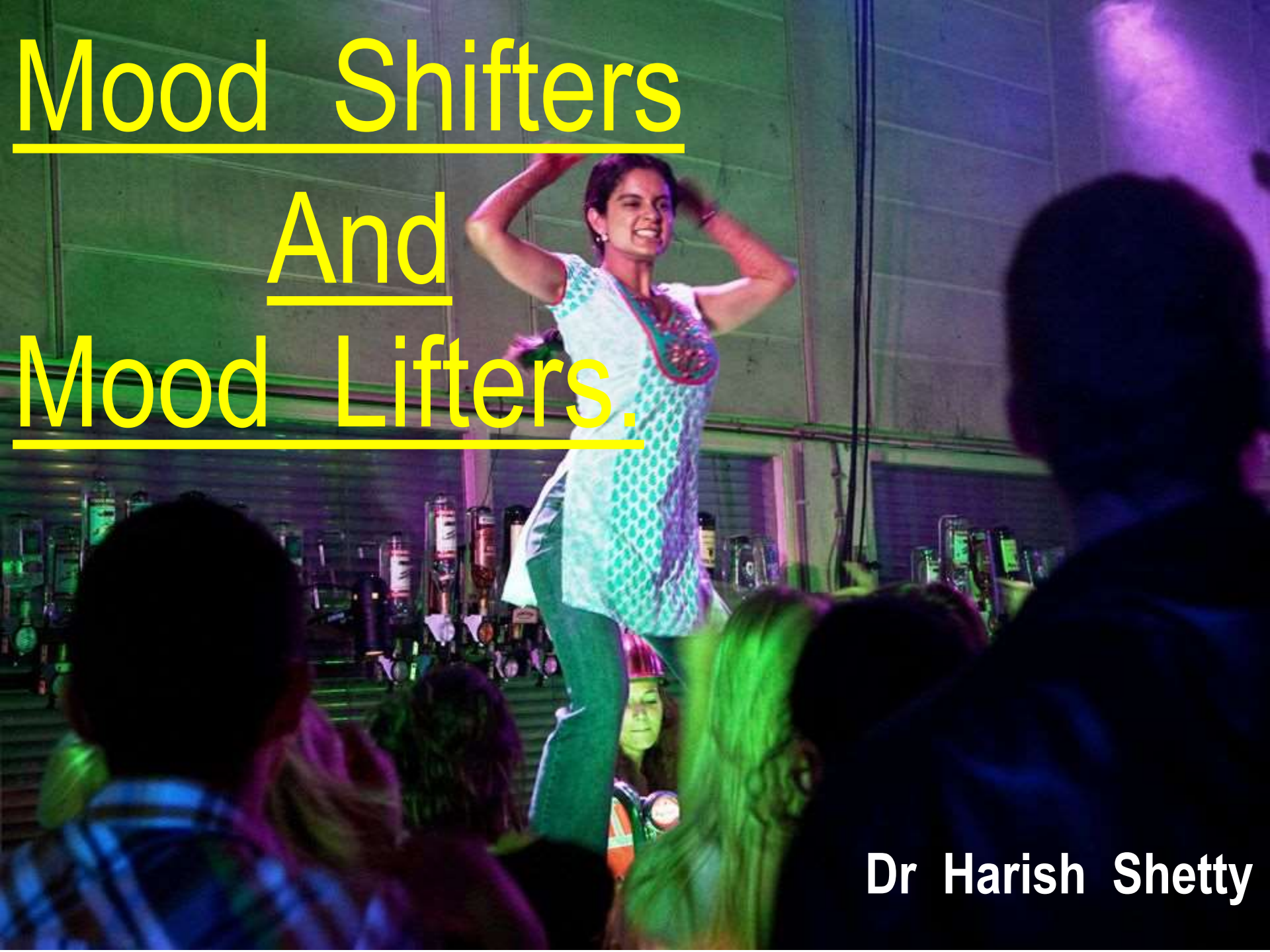


EDS (Emotional Defense Systems)

PREVENT DEHUMANISATION

1. PRAYERS
2. PLAY
3. PAUSE
4. PEACE
5. PURPOSE

Mood Shifters And Mood Lifters.



Dr Harish Shetty

A photograph of Vladimir Putin, the President of Russia, sitting at a dark wooden desk. He is wearing a dark blue suit, a white shirt, and a dark patterned tie. His hands are clasped together on the desk in front of him. To his left is a black microphone on a stand. On the desk in front of him are some papers and a small white object. The background is a solid blue wall. The text "Loneliness is a Disease" is overlaid in white, sans-serif font across the middle of the image.

Loneliness is a Disease

**Intense HATE anywhere interferes
with LOVE everywhere**

Dr. Harish Shetty

Psychiatrist & National President, My Home India





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**Hate is not only INFECTIOUS
but also ADDICTIVE**

Dr. Harish Shetty

Psychiatrist & National President, My Home India

Stress/ Burn out



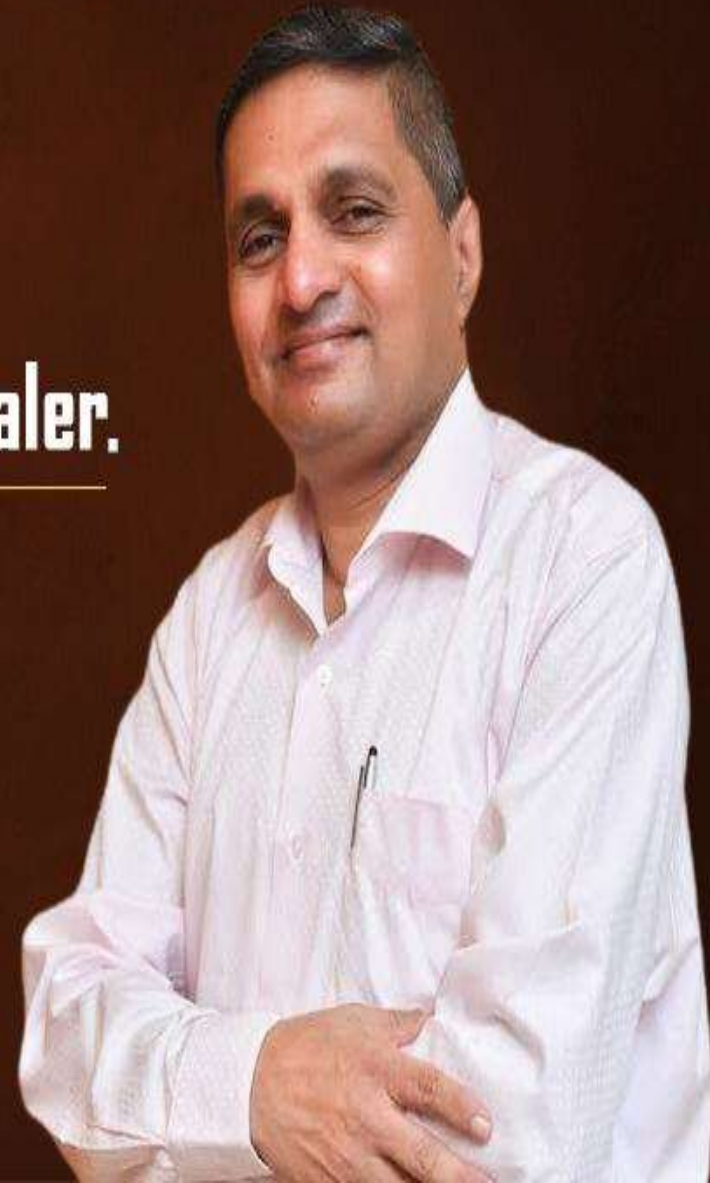


Love

Time is NOT ALWAYS the best healer.

Dr. Harish Shetty

Psychiatrist & National President, My Home India





Inside us each one is **innocent**