

# *IN SIGHT* for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

## Top 10 Bar Exam Stress Management Tools

1. Deep breathing
2. Meditation
3. Connect with family and friends
4. Exercise
5. Humor break
6. Spirituality, religion, and connecting with nature
7. Gratitude
8. Good nutrition
9. Sleep
10. Doing something you love

If you would like more stress management tools, see the longer version entitled *Top 25 Bar Exam Stress Management Tools* with links and apps on the OAAP website. Go to [www.aaap.org](http://www.aaap.org), click on *In Sight*, then on the June 2015 issue.

Reach out for help. If you have questions, concerns, or simply need to talk with someone, call the OAAP at 503-226-1057 or 1-800-321-6227.

### OREGON ATTORNEY ASSISTANCE PROGRAM

503-226-1057  
1-800-321-OAAP  
[www.aaap.org](http://www.aaap.org)

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