

Mental Health Matters: Self-Care and Self-Compassion

Thursday February 15, 2024 | 8:30AM



**Radnor Financial Center
Griffin Conference Room
150 N. Radnor Chester Road
Wayne, PA 19087**

\$25

CLM® Application Credit: 1 hour(s) of Self-Management Skills

CLM® Application Credit for Functional Specialists: 1 hour(s) in the subject area of Human Resources Management (HR) towards the additional hours required of some Functional Specialists to fulfill the CLM application.

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Most folks know the phrase, “you can’t pour from an empty cup,” but what happens when your cup isn’t full, half-full, or even half-empty? What happens when it’s bone dry? Everywhere we look there are ads, articles, and social media posts featuring fancy candles and bubble baths and stock images of people meditating in nature, with titles like,

“To avoid burnout, try these 847 easy tricks!” or,

“7 simple self-care hacks for busy professionals!” and, this one makes me laugh every time,

“Experts believe that getting enough sleep leads to better mental health.” (Isn’t that a given?)

Don’t get me wrong, I love a good bubble bath, but I’ve found that when it comes things like self-care or self-compassion, very rarely does one-size fit all, regardless of what the tag says.

Join the Independence Chapter for breakfast on Thursday, February 15 to learn about and discuss how we, in our varying positions in legal management and law firm administration, who are often over-worked, occasionally sleep-deprived, frequently teetering on the edge of burnout, and almost always thinking of others before ourselves, can fill our cups by practicing tangible, meaningful self-care and self-compassion.



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Presenter: Kate MacArdle

*Practice Support Manager at Ballard Spahr
Certified Mental Health First-Aider*

Kate MacArdle is the Practice Support Manager for Ballard Spahr’s Philadelphia location and also President-Elect of the Independence Chapter of the Association of Legal Administrators. Having always been passionate about mental health and speaking openly about her own mental illness and neurodiversity, Kate obtained her Mental Health First Aid certification from the National Council for Mental Wellbeing in November, 2022. Kate uses her lived experiences as well as her MHFA training to advocate for better mental health standards in the workplace and is constantly working to end the stigma surrounding mental illness.