



AMERICAN
BANKRUPTCY
INSTITUTE

Alexander L. Paskay
Memorial Bankruptcy
Seminar

**The Connection Between Doing Well
and Being Well**

Hon. Caryl E. Delano, Moderator
U.S. Bankruptcy Court (M.D. Fla.) | Tampa

Prof. Shailini J. George
Suffolk University Law School | Boston



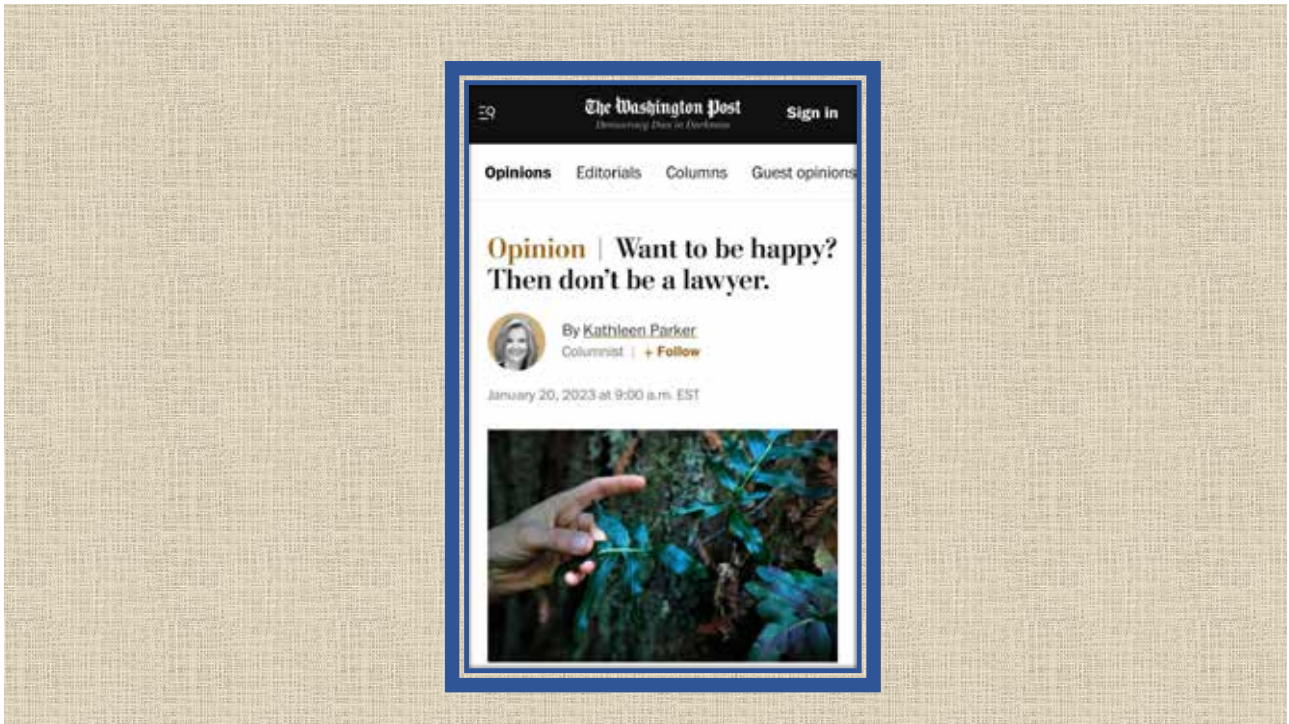
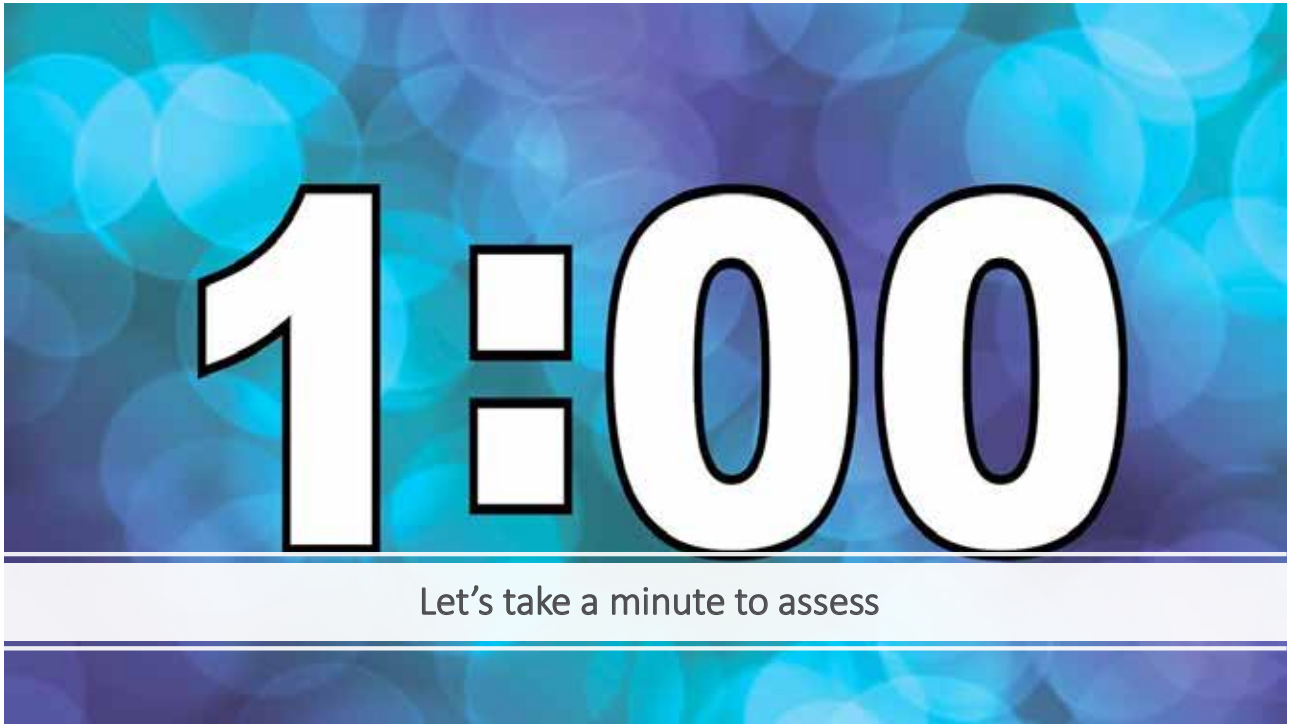
The Connection Between Doing Well and Being Well

Shailini J. George
Professor, Suffolk University Law School



A little bit about me...

- *Teaching the Smartphone Generation: How Cognitive Science Can Improve Learning in Law School*, Me. L. Rev. Vol. 66, No. 1, Winter 2013
- *The Cure for the Distracted Mind: Why Law Schools Should Teach Mindfulness*, Duq. L. Rev. Vol. 53 No. 1, Winter 2015
- *The Law Student's Guide to Doing Well and Being Well* (Carolina Academic Press, 2021)
- Prof Identity and Well-Being course
- Immediate past Chair, AALS Balance & Well-Being in Legal Education Section
- Co-chair, MA SJC Standing Committee on Lawyer Well-Being

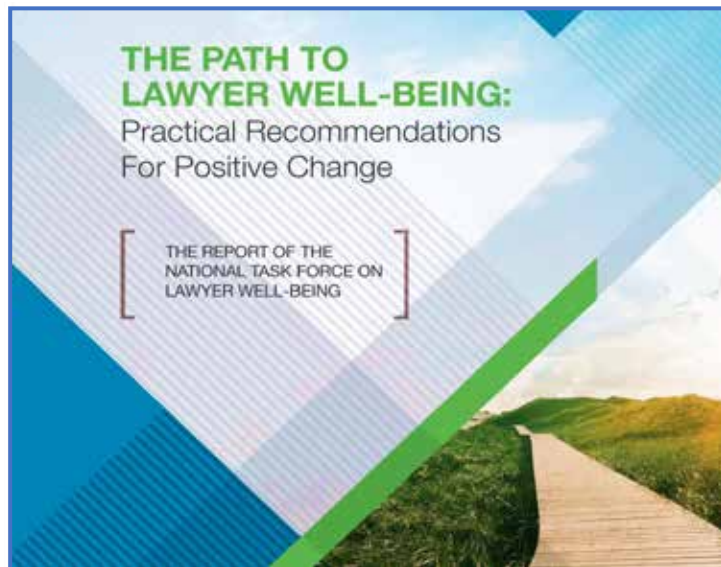


The Pessimism Paradox in Law

OPENNESS
BENEFIT OF THE DOUBT
POSITIVITY
HOPE



SKEPTICISM
SPOTTING ISSUES
CAUTION
ANTICIPATING PROBLEMS



DEFINING LAWYER WELL-BEING

A CONTINUOUS PROCESS IN WHICH LAWYERS STRIVE FOR THRIVING IN EACH DIMENSION OF THEIR LIVES.

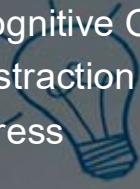
| EMOTIONAL | INTELLECTUAL | OCCUPATIONAL | PHYSICAL | SPIRITUAL | SOCIAL |
|---|--|--|--|---|--|
| Value emotions. Develop ability to identify and manage our emotions to support mental health, achieve goals, & inform decisions. Seek help for mental health when needed. | Engage in continuous learning. Pursue creative or intellectually challenging activities that foster ongoing development. Monitor cognitive wellness. | Cultivate personal satisfaction, growth, and enrichment in work. Strive to maintain financial stability. | Strive for regular activity, good diet & nutrition, enough sleep, & recovery. Limit addictive substances. Seek help for physical health when needed. | Develop a sense of meaningfulness and purpose in all aspects of life. | Develop connections, a sense of belonging, and a reliable support network. Contribute to our groups and communities. |

Intellectual Well-Being

- Paying attention
- Processing information quickly
- Remembering and recalling information
- Thinking critically, planning, organizing and solving problems

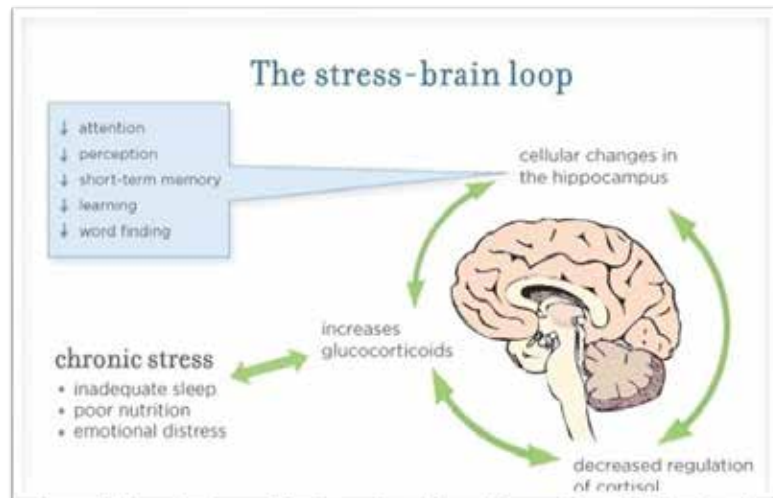
Barriers to Intellectual Well-Being

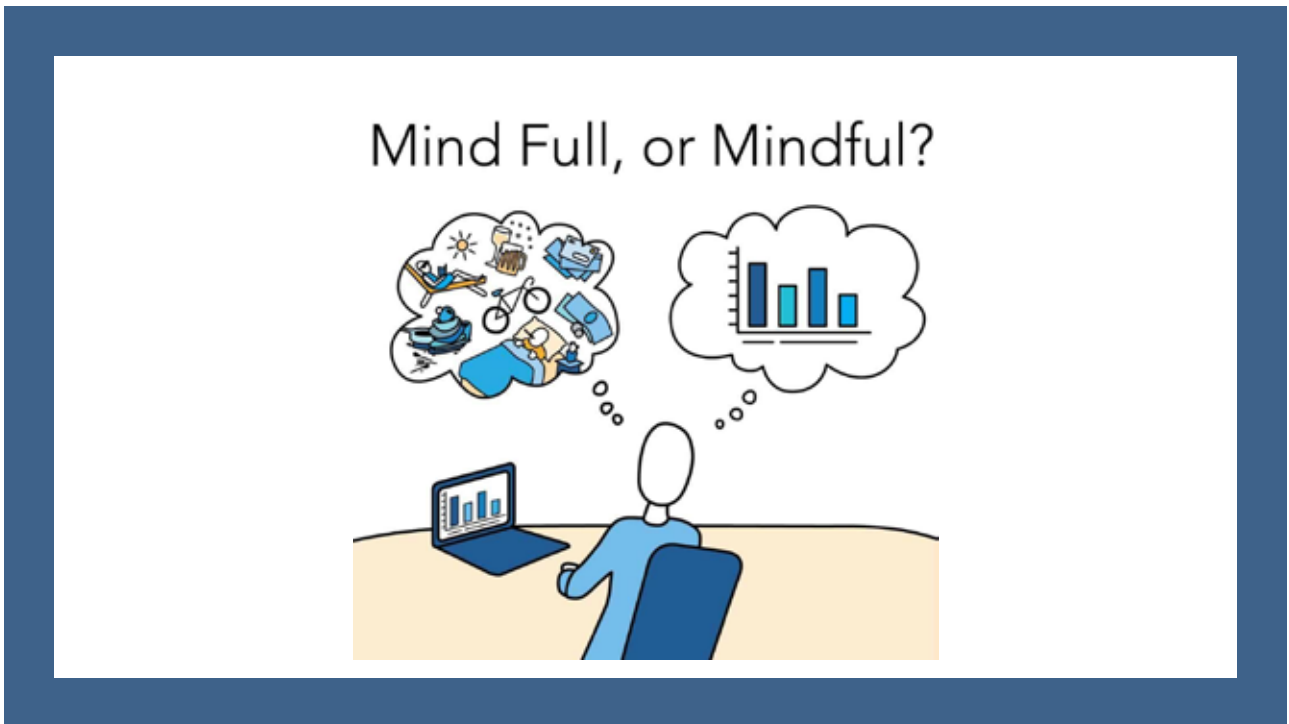
- Cognitive Overload
- Distraction Addiction
- Stress

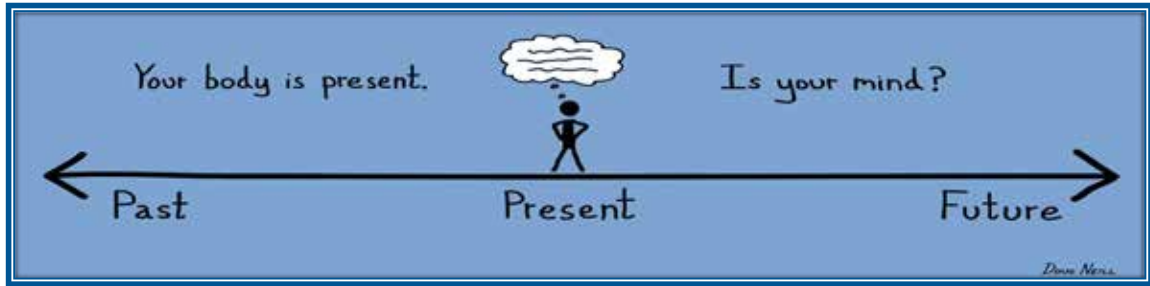


Cognitive Overload

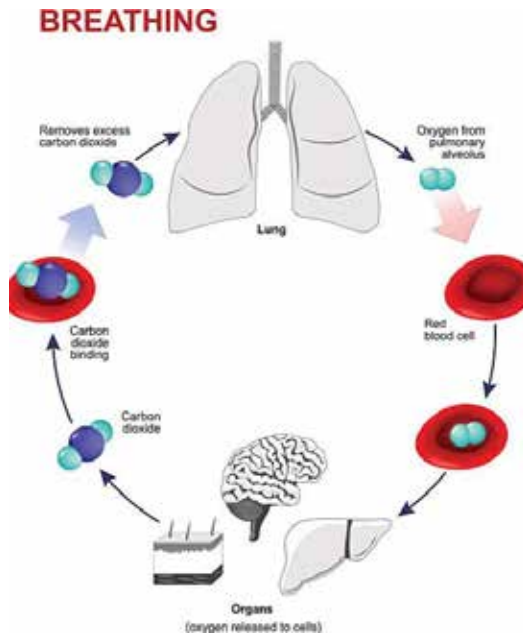




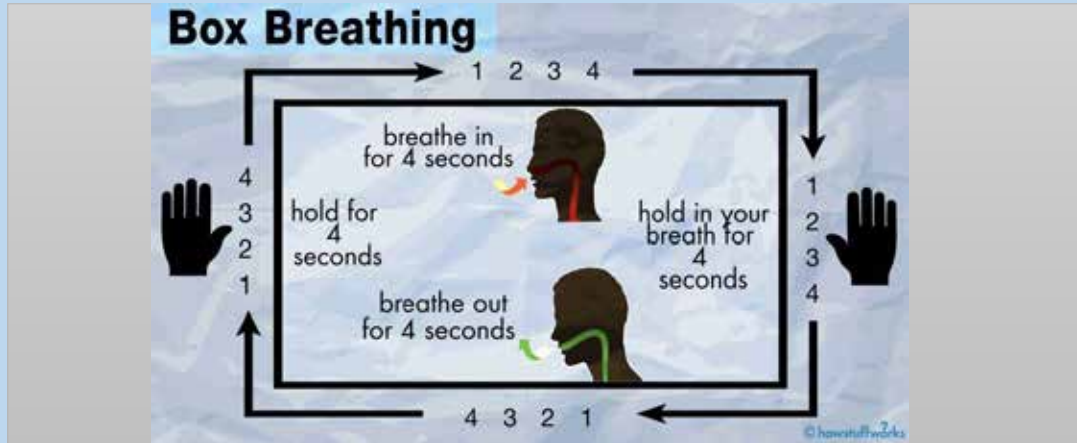




Don't
JUST
breathe



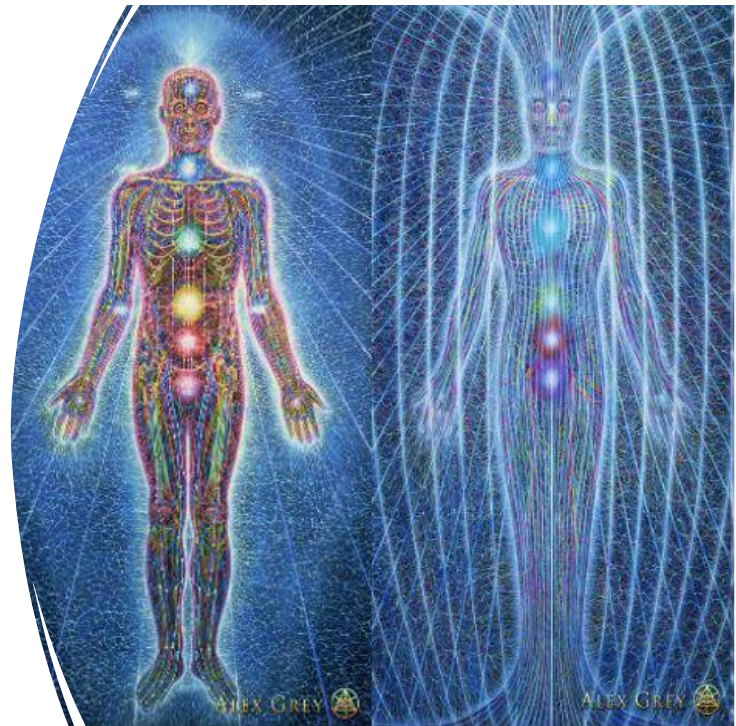
WHEN IT COMES TO BREATHING,
THE NOSE KNOWS BEST



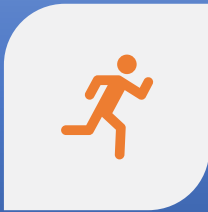
Assess and Compare

Our bodies think too, but are we listening?

- Gut instinct/trust your gut
- Feeling in the pit of your stomach
- Feeling of dread, chest pounding
- Pulse racing
- Nagging feeling



Physical Well-Being: Mind your body, Mind your mind



EXERCISE

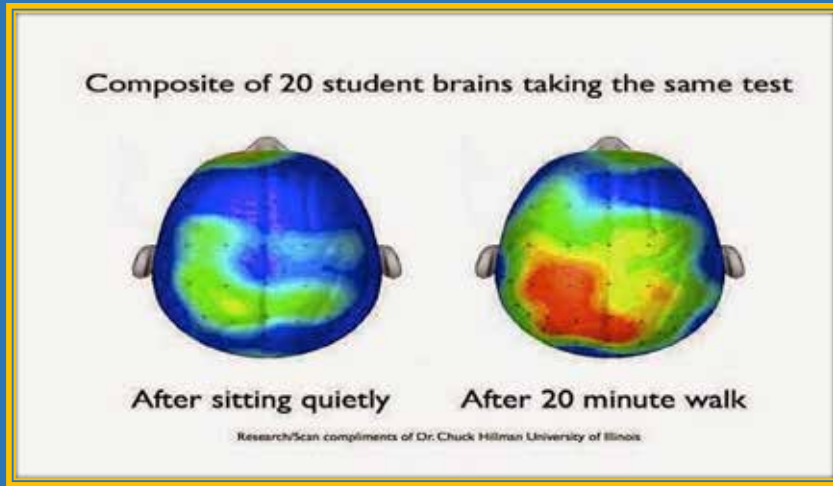


SLEEP



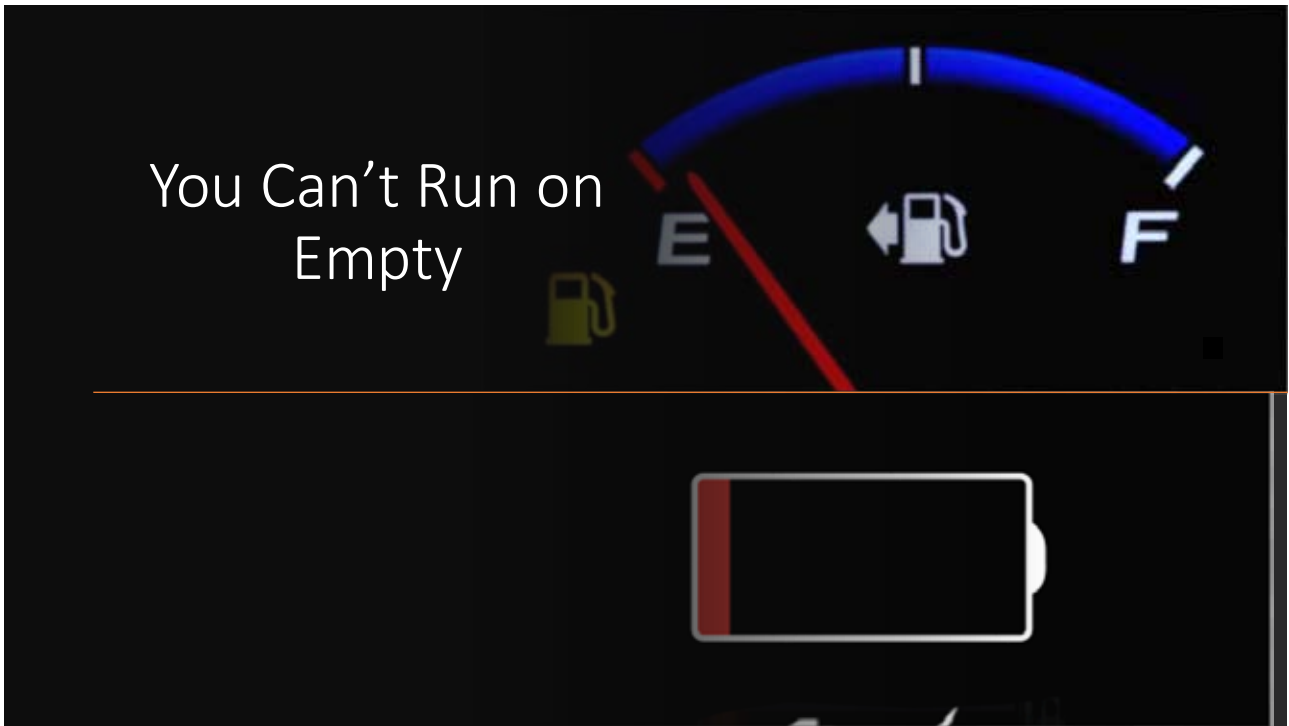
NUTRITION

The Importance of Movement



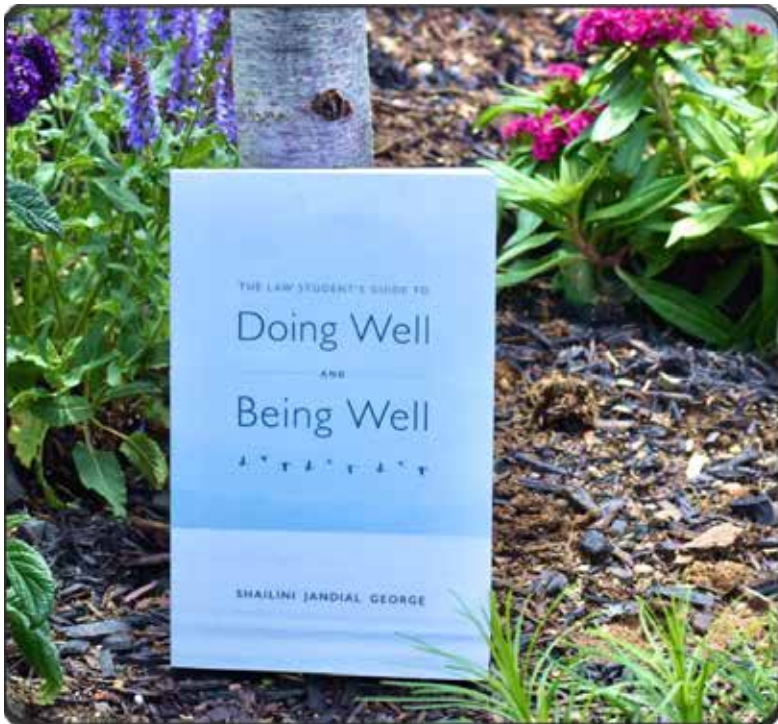
Sitting
Fatigue







What is something you've heard today that you would like to try or implement?



I would love to hear from you!

Shailini Jandial George
Professor | Speaker | Author
Suffolk University Law School
sjgeorge@suffolk.edu

©2026 by Shailini J. George.
All Rights Reserved

Faculty

Hon. Caryl E. Delano is Chief Judge for the U.S. Bankruptcy Court for the Middle District of Florida in Tampa, initially appointed on June 25, 2008, and named Chief Judge on October 1, 2019. She also was appointed Presiding Judge of the Fort Myers Division in July 2012. In 2022, Judge Delano was appointed by the Eleventh Circuit to a second 14-year term as a bankruptcy judge. In 2022, she was appointed to the Bankruptcy Judges Advisory Committee to the Administrative Office of the U.S. Courts for a three-year term beginning in 2023. On July 6, 2023, the district court reappointed her as Chief Judge for another four-year term beginning on Oct. 1, 2023. Previously, Judge Delano practiced before the bankruptcy courts of the Central District of California for 14 years. In 1994, she returned to Tampa and most recently practiced law with the firm of Addison & Delano, P.A., where she concentrated her practice on bankruptcy and commercial litigation. Judge Delano has represented debtors and creditors in numerous chapter 11 cases and related adversary proceedings. She served as the liaison judge to the Middle District of Florida's Local Rules Lawyers' Advisory Committee from 2011-20 and is a member of the National Conference of Bankruptcy Judges Federal Rules Advisory Committee. In 2017, Judge Delano received the Southwest Florida Bankruptcy Professionals Association's Alexander L. Paskay Professionalism Award. In addition, she is a former executive director and past-president of the J. Clifford Cheatwood American Inn of Court. Judge Delano received her B.A. in English *cum laude* in 1976 from the University of South Florida and her J.D. in 1979 from Indiana University School of Law, having completed her final year of law school at Emory University School of Law.

Prof. Shailini J. George recently retired from teaching at Suffolk University Law School in Boston, where she taught legal writing and an innovative course on professional identity and well-being. She is the author of *The Law Student's Guide to Doing Well and Being Well* (Carolina Academic Press 2021), as well as law review articles on distraction and the cognitive science of learning and why law students need mindfulness training. Prof. George currently serves as the chair of the American Association of Law School's Section on Balance and Well-Being in Legal Education, and as co-chair of the SJC Standing Committee on Lawyer Well-Being. She received her B.S. in finance from Miami University and her J.D. from Boston College Law School.