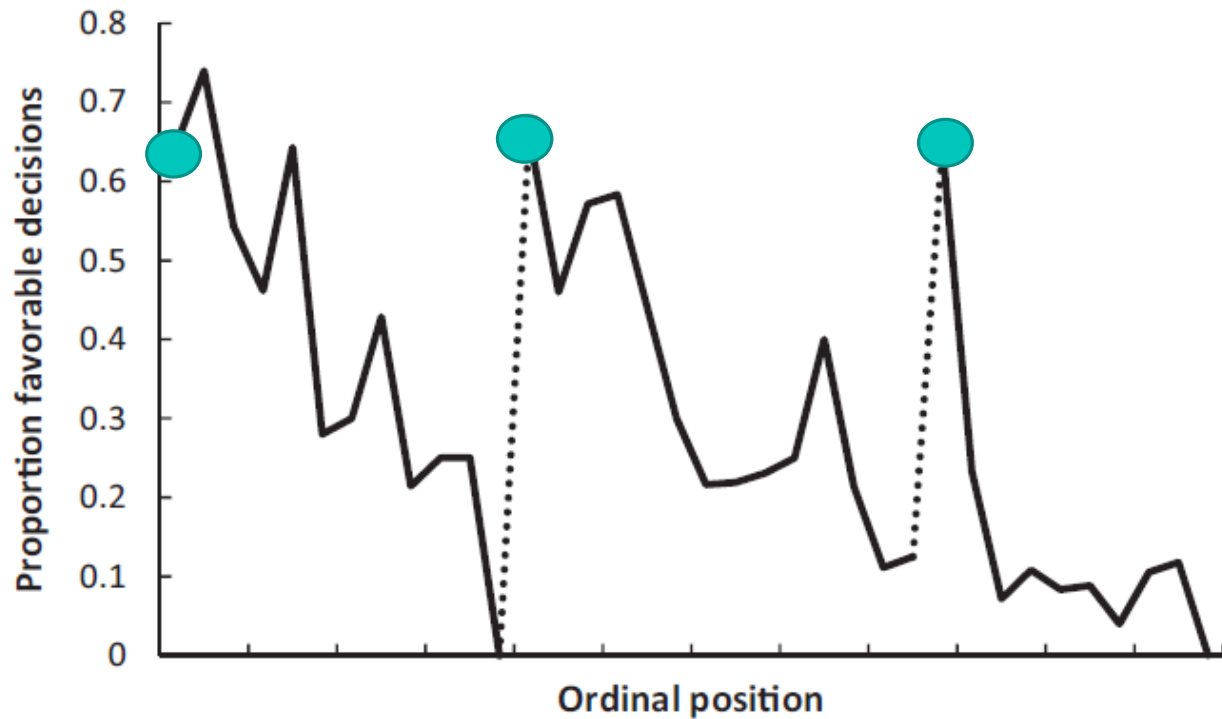


# Understanding and Addressing Decision Fatigue

# Israeli Parole Study



Biggest factor in parole decisions:  
when case was heard  
in relation to the timing of  
breaks for food

# Science of Decision Making

Decisions deplete mental resources and reduce executive functioning

Results of repeated decision making:

- Simplify
- Accept status quo
- Avoid taking risks
- Rely on "intuition"



# Refueling your brain

Take a break



Increase blood glucose – protein

# Judicial Stress Study



## Primary sources of stress

- Importance/impact of decisions
- Heavy docket
- Unprepared attorneys
- Self-represented litigants
- Dealing repeatedly with same parties without addressing underlying issues
- Isolation on the bench – feeling alone

# Impact of judicial stress

- Fatigue after hearing multiple cases
- Sleep issues and daytime drowsiness
- Attention and concentration issues
- Worry about cases after they've been decided
- Increased health concerns
- Symptoms of depression and anxiety
- Suicidal thoughts



## Judicial Code of Conduct-

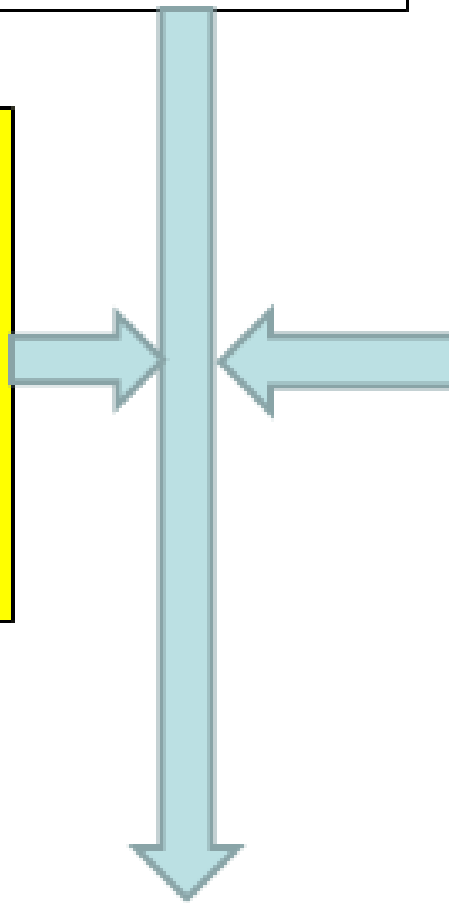
Career  
Requirements &  
Constraints

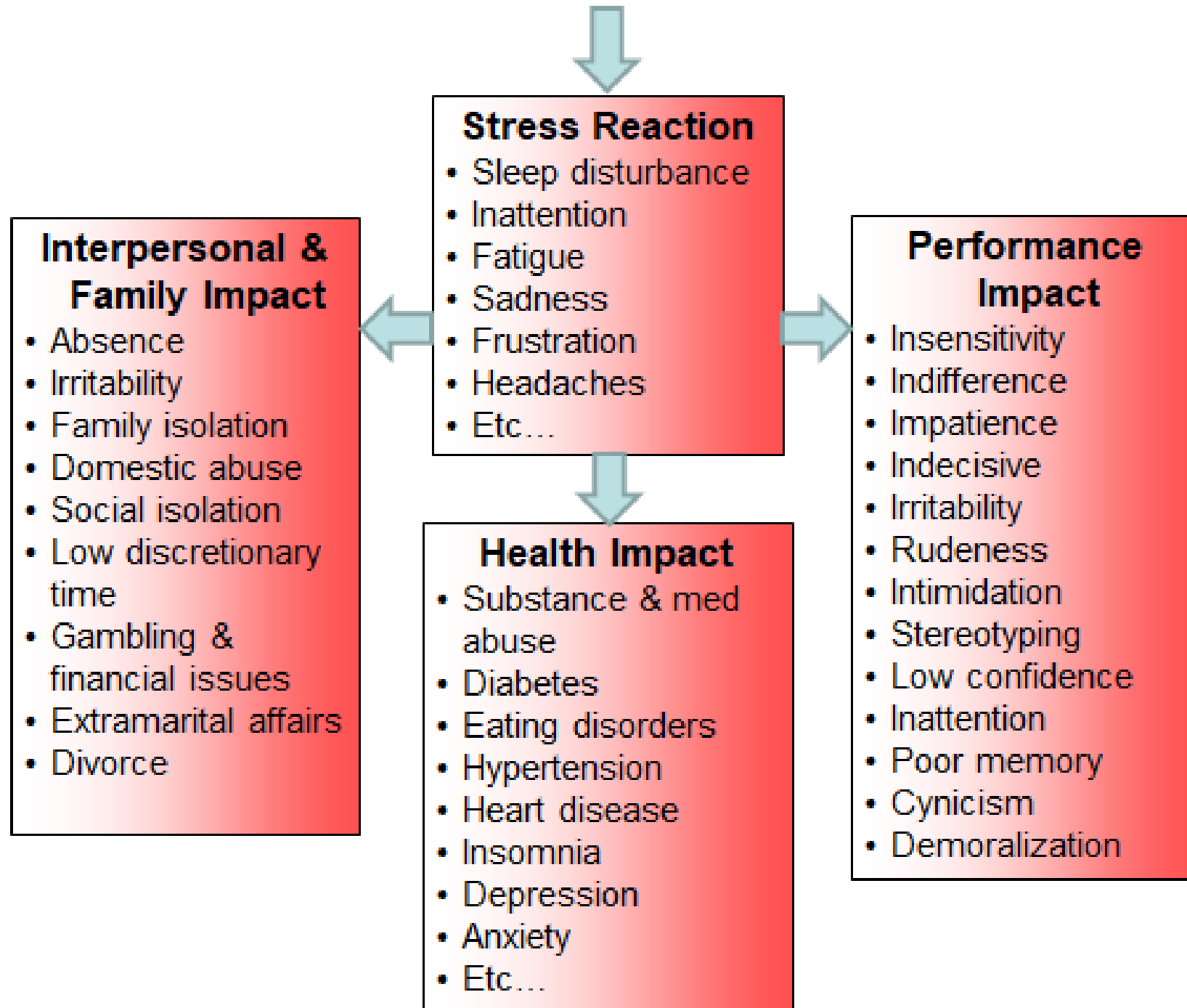
## Culture/Working Conditions

- Long hours
- Heavy case loads & behind
- Traumatic cases
- Confidentiality & isolation
- Staffing cuts & turnover
- Needs of jurors
- Unprepared attorneys
- Conflicts with colleagues
- Public ignorance of the courts
- Public image & presentation
- Public scrutiny & controversy
- Annoying & ill-prepared litigants
- Lack of appreciation, passed over
- Violence & safety concerns
- Inadequate reward structure

## Personal Factors

- Empathy/identification
- Personality, gender temperament, workstyle
- Personal history
- Vulnerabilities (health, relationships, etc.)







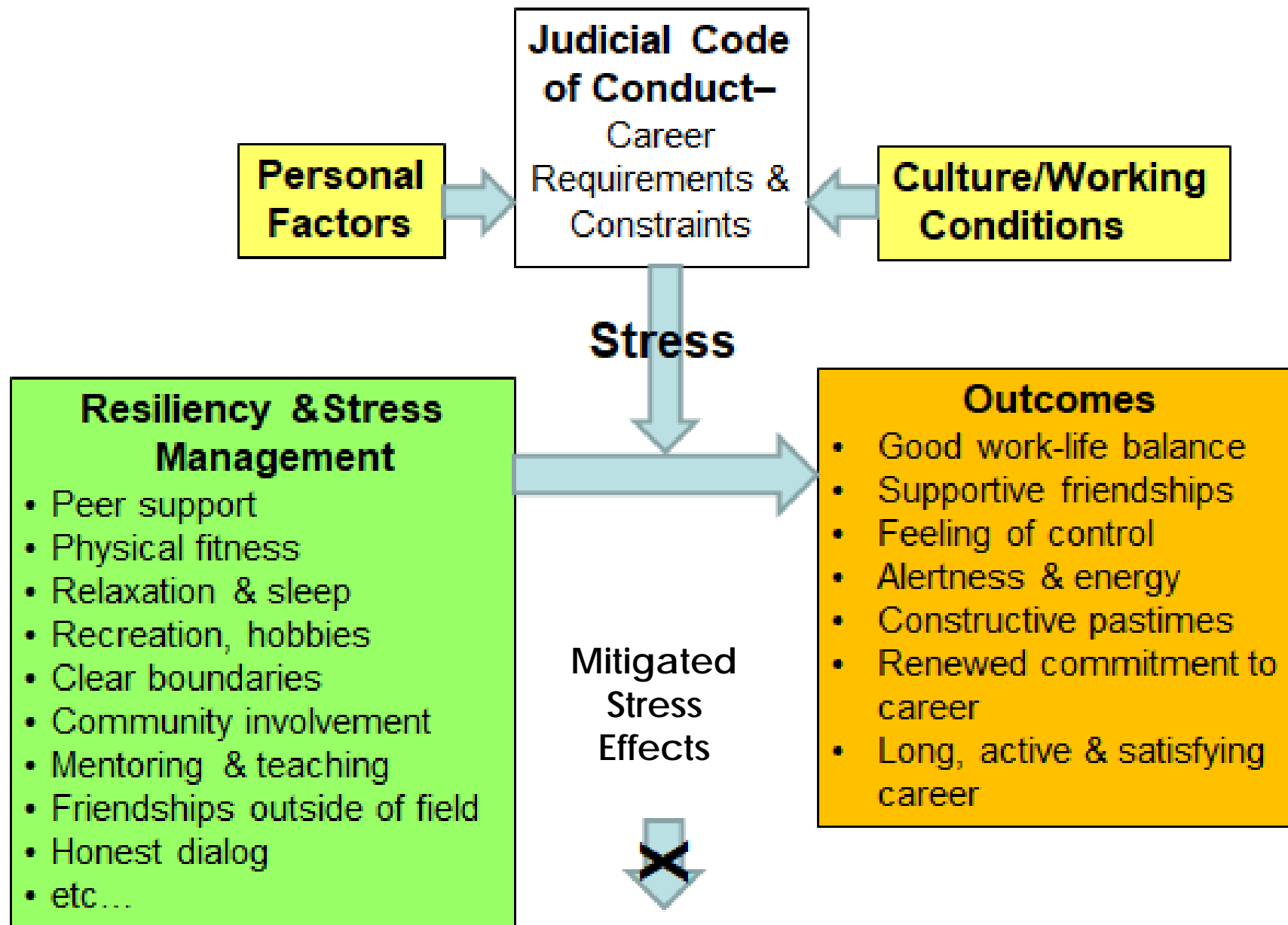
# Resilience

“The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress.”



# Stress and Fatigue Management







Morning Yoga  
with Commissioner Julia Pelc

Tomorrow from 6:45am – 7:30am

Audubon Room (Lobby Level)

Wear comfortable clothes and bring  
a towel from your room to serve as  
your yoga mat

**MY SECRET?**



**YOGA, OF COURSE.**