

Emotion-based coping is helpful when you need to regulate or take care of your feelings when you have little to no control over the situation.

stressor as it is by simply adjusting their outlook. Understanding your emotions about the job and accepting them can help you to reframe thoughts.

In emotion-based coping, the National Alliance on Mental Illness identifies inter-dimensions to wellness and ways to use each dimension to effectively deal with a situation.³ These inter-dimensions are similar to Anne Bradford's multidimensional approach to wellness for legal professionals.⁴ Bradford, a former Big Law equity partner and author of the *Well-Being Tool Kit for Lawyers and Legal Employers*, notes that well-being is not simply the absence of illness, but rather thriving in each dimension of one's life. She names six dimensions to well-being: occupational, emotional, physical, intellectual, spiritual, and social. We cope best with life's uncertainty when each dimension is flourishing.

Here are quick examples of addressing each dimension to effectively cope with stress:

Occupational: After finances, 60 percent of people identify work as the leading stressor in their lives. Set healthy boundaries and limits with work and examine your current work-life balance. If possible, pursue a career about which you are passionate.

Emotional: Seek mental health care when needed! Regulate emotions, practice relaxation techniques, and reframe your thoughts.

Physical: Research shows that adults feel 30 percent less stressed after exercise. Strive for regular exercise, good sleep habits, and a healthy diet.

Intellectual: Monitor your cognitive wellness and engage in activities that are intellectually stimulating such as reading, journaling, or doing puzzles.

Spiritual: Connect with the world around you in a meaningful way. Meditation or prayer can be useful here.

Social: Research shows that those who identify having emotional support and a connection with others feel less stressed. Stay in contact with family or friends, contribute to the community, and develop a network of external supports.⁵

Stress impacts each of us in different ways. Our perceived levels of stress, among other factors, can contribute to that impact. We use both unhealthy and healthy coping skills to deal with stress. Identifying whether problem-based or emotion-based coping would be most useful to use can help to manage difficulties. Using the healthy coping skills noted above and applying them to Anne Bradford's multi-dimensional approach to wellness enables us to positively and holistically deal with whatever

life throws in our way. And as always, remember the State Bar of Michigan Lawyers and Judges Assistance Program is a resource available to help you.⁶ ■

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ENDNOTES

1. *Perceived Stress Scale*, Kresser Institute <<https://kresserstitute.com/tools/>> [https://perma.cc/2PX5-9VH4]. All websites cited in this article were accessed July 16, 2020.
2. Morin, *Healthy Coping Skills for Uncomfortable Emotions: Emotion-Focused and Problem-Focused Strategies*, Verywell Mind (April 30, 2020) <<https://www.verywellmind.com/fifty-healthy-coping-skills-4586742#:~:text=Coping%20skills%20help%20you%20tolerate%2C%20minimize%2C%20and%20deal,But%20not%20all%20coping%20skills%20are%20created%20equal>> [https://perma.cc/4JWW-B4D2].
3. Ponte, *Ways to Manage and Cope with Stress*, NAMI (January 13, 2020) <<https://nami.org/Blogs/NAMI-Blog/January-2020/Ways-to-Manage-and-Cope-with-Stress>> [https://perma.cc/D9Q5-25C5].
4. Brofford, *Well-Being Toolkit for Lawyers and Legal Employers* (August 2018) <<http://lrb.mncourts.gov/LawyerResources/Pages/Well-Being%20Toolkit%20for%20Lawyers.pdf>> [https://perma.cc/Y63K-GXZ2].
5. *Id.*, p. 7.
6. This program with a description of services offered is available at <<https://www.michbar.org/generalinfo/ljap/home>>.



MONEY JUDGMENT INTEREST RATE

MCL 600.6013 governs how to calculate the interest on a money judgment in a Michigan state court. Interest is calculated at six-month intervals in January and July of each year, from when the complaint was filed, and is compounded annually.

For a complaint filed after December 31, 1986, the rate as of July 1, 2020 is 1.699 percent. This rate includes the statutory 1 percent.

But a different rule applies for a complaint filed after June 30, 2002 that is based on a written instrument with its own specified interest rate. The rate is the lesser of:

- (1) 13 percent a year, compounded annually; or
- (2) the specified rate, if it is fixed—or if it is variable, the variable rate when the complaint was filed if that rate was legal.

For past rates, see <http://courts.mi.gov/Administration/SCAO/Resources/Documents/other/interest.pdf>.

As the application of MCL 600.6013 varies depending on the circumstances, you should review the statute carefully.