

trial, does the anxiety linger even after the trial is over? If the anxiety-inducing experience has passed but the anxiety has not, it may be more problematic than useful.

- 3) *Is the anxiety interfering with day-to-day life?* This is the big question. How much does the anxiety impact your functioning? Consider what life would be like without the anxiety — would it be significantly different? If work, relationships, hobbies, emotional health, or physical health is impacted, it may be time to seek professional help.<sup>14</sup>

Increasing one's awareness of anxiety is imperative, and anxiety is highly treatable.<sup>15</sup> Yet, only 36.9% of those suffering from it seek treatment.<sup>16</sup> Not only does research show that lawyers experience elevated rates of depression, anxiety, and stress, but it also indicates they are reluctant to seek help for these issues, fearing others will find out they need help or concerned about privacy and confidentiality.<sup>17</sup>

If your anxiety is mild and sporadic, there are ways to take control of the situation and alleviate symptoms. Question your thought patterns. Are you catastrophizing? Imagining the worst will happen, all-or-nothing thinking, and other negative thought patterns can distort the reality of the situation and increase unease.<sup>18</sup> Practice focused, deep breathing. Controlling one's breathing, like the 4-7-8 technique — breathing in for four seconds, holding the breath for seven seconds, and exhaling for eight seconds<sup>19</sup> — evens out breathing, slows the heart rate, and calms anxiety. Also, write down your thoughts. Getting anxious thoughts out of your head and on paper can make circumstances feel less daunting.<sup>20</sup>

As always, when self-soothing isn't enough, seek help! The State Bar of Michigan Lawyers and Judges Assistance Program is an excellent resource available to you. Call the confidential helpline today. As we've learned, anxiety is more common than one might think and, while anxiety is occasionally useful, it is also frequently problematic. ■



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## ENDNOTES

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20. *Do You Live with Anxiety?*



## 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, 2021 is 1.739 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.*