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PUBLIC RELATIONS | MARKETING

#1900E26

Susan Myres  
Myres & Associates  
One Greenway Plaza, Suite 450  
Houston, TX 77046

Public Relations Activities

January 20, 2024 – February 20, 2024.

We pitched Susan as an interview source for the **Journey Beyond Divorce Podcast with Karen McMahan** which focuses on helping the victim of a high-conflict partner. Their audience is the deeply controlled, manipulated, and disempowered spouse of a high-conflict personality. Susan's interview is scheduled for **Monday, February 26, from 3:00-4:00 PM EST**. The topic for their High Conflict series: The crossroads of truly high conflict and high net worth divorce. We researched and drafted an outline for Susan's approval and comments.

We are working on an outline for the **Houston Young Lawyers Association CLE** on information overload, decision fatigue, attention fracture, and the effects of trauma and stress for the young lawyers group. **The CLE is scheduled for March 8 from 11:30 AM-1 PM**. This will be the third time Susan has presented on the topic of how trauma and other evils impact lawyers.

We reached out to **A Better Divorce Podcast with Andrea Vacca** and coordinated an interview for **Thursday, May 16 at 11 AM to noon EST**. Andrea thought it would be interesting to discuss high conflict couples and how to determine whether they can collaborate vs. whether they need to litigate but also wants Susan's opinion to determine if that topic is appropriate. Andrea will schedule a 20–30-minute phone call with Susan which will take place a week or so before the scheduled recording. During that call you can refine the topic a bit more and agree on the questions Andrea will be asking.

**The Jabot Podcast** interview with Susan and Kathryn Rubino at Above the Law on the topic of "Decision Fatigue" broadcast on **February 2**. Above the Law promoted the podcast in the main subject line: "Decision Fatigue Might Be Hurting the Quality of Your Work," in their February 2 morning email blast to subscribers.

Susan was quoted in a January 25 Katie Couric Media article titled, "Is 'Divorce Month' a Real Thing." They used Susan's quote from a 2020 *New York Times* article, "It is my firm belief that people get divorced because their expectations were not met," Susan Myres, president of the American Academy of Matrimonial Lawyers and a divorce lawyer in Houston, told *The New York Times* in 2020. "When enough of them are not being met, divorce will happen."

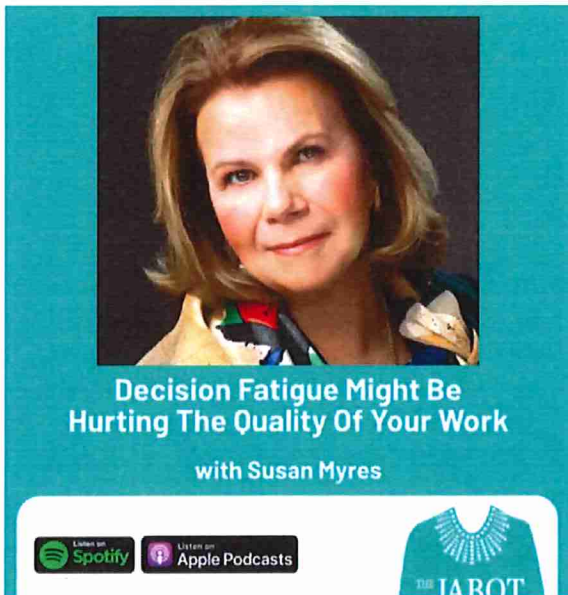
# ABOVE THE LAW

SMALL LAW FIRMS



## Decision Fatigue Might Be Hurting The Quality Of Your Work

Striving to be the perfect lawyer could be hurting you.

By KATHRYN RUBINO on February 2, 2024 at 10:45 AM

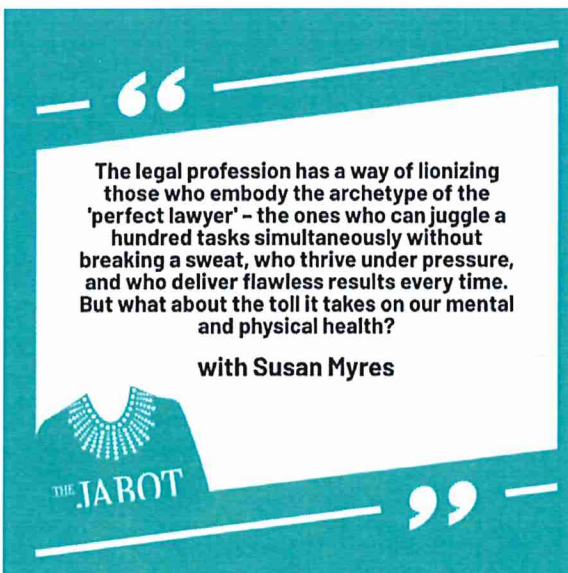


**Decision Fatigue Might Be Hurting The Quality Of Your Work**  
with Susan Myres

Listen on  

THE JABOT

I interview [Susan Myres](#), Managing Partner of Myres & Associates PLLC, who discusses the prevalence of “decision fatigue” in the legal industry. She suggests lawyers take regular breaks and maintain a work-life balance to counter fatigue and stress. She emphasizes the components of self-care and health in a lawyer’s responsibility to their clients. Susan also highlights the lack of effective tools to manage this ongoing stress within the profession. Arguing for the importance of being adequately prepared for cases and meetings, she recounts an experience where her unpreparedness negatively impacted a client. She views these scenarios as learning opportunities, warning that, without proper management, decision fatigue can lead to unsustainable legal careers. Lastly, Susan advocates for the development of effective tools to aid in managing decision fatigue and ensuring continued quality in legal service.



“  
The legal profession has a way of lionizing those who embody the archetype of the ‘perfect lawyer’ – the ones who can juggle a hundred tasks simultaneously without breaking a sweat, who thrive under pressure, and who deliver flawless results every time. But what about the toll it takes on our mental and physical health?  
”

with Susan Myres

THE JABOT

The Jabot podcast is an offshoot of the Above the Law brand focused on the challenges women, people of color, LGBTQIA, and other diverse populations face in the legal industry. Our name comes from none other than the Notorious Ruth Bader Ginsburg and the jabot (decorative collar) she wore when delivering dissents from the bench. It’s a reminder that even when we aren’t winning, we’re still a powerful force to be reckoned with.

Happy listening!



THE JABOT  
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Kathryn Rubino is a Senior Editor at Above the Law, host of [The Jabot](#) podcast, and co-host of [Thinking Like A Lawyer](#). AtL tipsters are the best, so please connect with her. Feel free to email [her](#) with any tips, questions, or comments and follow her on Twitter [@Kathryn1](#) or Mastodon [@Kathryn1@mastodon.social](#).





Decision Fatigue Might Be Hurting The Quality Of Your Work



o Above the Law <newsletters@abovethelaw.com>

Friday, February 2, 2024 at 10:13 AM

To: o Marie Piazza

ABOVE THE LAW  
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**Decision Fatigue Might Be Hurting The Quality Of Your Work**

Striving to be the perfect lawyer could be hurting you.

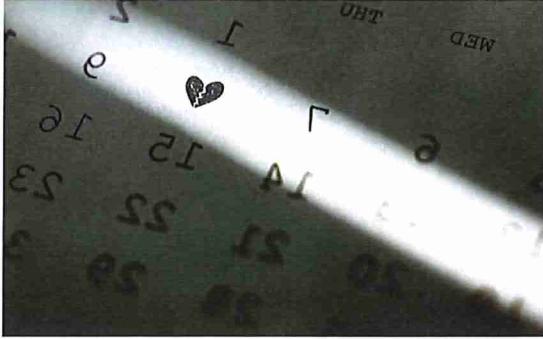
KATHRYN RUBINO

ABOVE THE LAW – Morning Email featured Susan’s podcast interview

February 2, 2024

# Is “Divorce Month” a Real Thing?

By [Katie Couric Media](#)



This might explain why you find yourself fighting with your spouse more toward the end of the summer.

Is there a “divorce season”? What about a [divorce month](#)? [Last summer’s slew of celebrity splits](#) might have had you believing summer was prime time for a breakup, and you wouldn’t be wrong. But it’s not the only time of year divorces spike.

Some claim [January is the definitive divorce month](#). Yet experts have consistently debunked that argument, pointing out that January only sees [a spike in divorce filings](#) because people are so much more unlikely to divorce during the holiday months of November and December. So if divorce was on their minds in the fall, they’ll likely wait until the holidays are over to officially throw in the towel.

If you’re wondering why all the relationships around you are falling apart at the same time or noticed you tend to fight with your spouse more toward the end of summer, this might explain why.

## Is there actually a more popular month for divorces?

A 2016 study conducted by researchers at the University of Washington suggests there might actually be [a divorce month](#) — or specifically, there might be two. According to the study, which analyzed divorce filings in Washington State from 2001 to 2015, March and August were the most popular months for filing divorce.

When the researchers presented these findings at an annual meeting of the American Sociological Association, they suggested their conclusions might indicate that people are driven by “domestic ritual” — meaning that people might file for divorce more frequently at certain points in the year as a means of minimizing family pain.

This might be why December was the month with the lowest number of divorce filings in the study. But why did August and March reflect such *high* rates of filings?

The researchers suggested couples might choose August because it would follow any vacation time, and precede the start of school time. As for March, the researchers pointed to the strange trend of [suicide rates peaking in springtime](#), too. Experts don’t have a conclusive answer to either of these trends, but they’ve speculated that it might have to do with the change in weather — meaning, ironically enough, that people might *want* to do things like file for divorce in the wintertime, but might not be able to muster up the energy to do so until the days start to lengthen and they feel more energy to follow through on their (often tragic) plans.



Hollywood divorce attorney [Nancy Chemtob](#), who has represented A-list clients like Mary-Kate Olsen and Tory Burch, has another possible explanation for the summer spike. “Parents may have their kids away at summer camp and realize that they have nothing more to talk to their spouse about,” Chemtob [recently told Katie Couric Media](#). She added, “A lot of children are going off to college. So parents might take the [empty nest](#) opportunity as a chance to say, ‘I’m *done*.’”

### Why do people think January is “divorce month”?

The data on [divorce trends](#) is relatively inconclusive at this point — but certain lawyers and law firms *do* maintain that [divorce filings see a spike in January](#). Why might that be, besides the holiday explanation mentioned above?

In an interview with *USA Today* in 2019, celebrity attorney Laura Wasser, who has repped celebs like Angelina Jolie and Johnny Depp, confirmed that she sees a spike in outreach during January. “It is absolutely true that the first month of the year, and in particular the first half of it, is the highest for either new clients or divorce filings,” she said. “Definitely that first week back (after the holidays) is always very busy.”

In terms of *why* Wasser thought that happened, she acknowledged the holiday element. “By the end of [the holiday season], many people feel like, ‘I do not want to ever go through this holiday period again with this person,’” she noted.

She also suggested another possible explanation. “I think it’s starting a new year and knowing that in a lot of states, like in California for example, there’s a six-month waiting period. So, they want to really make sure that they’re done with their divorce by summer, by half the year, really getting a head start.”

### Why different states might have different “divorce months”

Though the University of Washington study on divorce filings has been cited on numerous occasions (unsurprisingly, since it’s one of the only studies of its kind), it’s important not to extrapolate too much from the findings. After all, this study *only* examined filing rates within the state of Washington.

Different states likely have different seasonal trends for divorce filings, since they all have different legal timelines for the divorce process. In [Georgia](#), for example, a divorce can be granted in the same month that a couple files for it. In [California](#), on the other hand, a couple must wait six months for a divorce to become official after the date of filing. In [Vermont](#), a couple may have to wait for over *nine months* from the time of filing for their divorce to be finalized.

These different timelines don’t just impact the divorce rate, but the divorce filing rate, too. A couple in California might choose to file for divorce at another time in the year than a couple in Georgia, depending on when they expect the divorce to become official.

The various state filing laws are just one microcosm of the endless variation that exists within the world of divorce: each couple’s circumstances are personal. For that reason, some divorce lawyers are skeptical of the notion that there are any hard-and-fast rules about when people “like” to get divorced.

“It is my firm belief that [people get divorced because their expectations were not met](#),” Susan Myres, president of the [American Academy of Matrimonial Lawyers](#) and a divorce lawyer in Houston, told *The New York Times* in 2020. “When enough of them are not being met, divorce will happen.”