



BRB, busy taking care of myself...

I know, I know, we're attorneys and making time for self-care doesn't really fit into our whole billable hour regime. I hear you.

But...summer is here, the days are longer and more sunlight means it's that much easier to start creating some healthier routines -- because seriously, who picks up an early morning routine when it's still dark until 9am?!

Let's take advantage of these longer days to implement some new, healthier habits. Because, as you know, in coaching, we're all about habits (but not just thought habits!).

This month, we explore teeny tiny ways we can implement some bite-sized self-care into our daily routines.

Find one that works for you; your future self will thank you!

Summer Snack Attack

Get Thyself Outdoors

🌿 Spend some time outside and, if possible, seek opportunities to work outdoors. If you can't work from home, explore outdoor break areas where you could work from your laptop at a patio table for a brief amount of time.

Just being outside offers significant health benefits, according to the University of California ([UC Davis](#)), including:

- Improved mental health
- Better concentration and focus
- A more relaxed mind
- Lower heart rate, blood pressure, and cortisol levels

- Reduced muscle tension
- Higher Vitamin D levels

Commit to Drinking More Water

🥤 Yes, you can find a way to drink more water that doesn't involve lugging around a gallon jug everywhere you go! Simple ways to get more water:

- Swap out water instead of another beverage when you eat out.
- Don't set a huge goal. Yes, it's recommended that we drink half our weight in ounces of water daily. That's a lot! Start with a smaller amount and increase gradually over time.
- Drink a glass of water before you drink anything else.
- Keep water with you wherever you go and, no, it's doesn't have to be a gallon jug! Find whatever works best for you.

Adopt a Stretching Routine

😊 Not only does it feel good but studies have found that it can prevent injury and lower risk of death. Start by tying it to something you do every morning or connect it with something you do enjoy. Stretch while you check your morning emails, watch the morning news, or listen to your favorite podcast. Five minutes is all you need and you can do it standing or seated!

Go for a Walk

🚶 Apparently, too much sitting is linked to obesity and all sorts of fun things like increased blood pressure, high blood sugar, excess body fat around the waist and unhealthy cholesterol levels. Any form of extended sitting is no bueno--just as bad as smoking. Doctors recommend taking a break from sitting every 30 minutes (!). If that's not super feasible, I'm right there with you. Here a few realistic adaptations:

- Stand while taking phone calls
- Get a standing desk
- If you can walk and talk for a 1:1 meeting try that with your coworkers
- Invest in a treadmill desk. This was my solution and I'm obsessed. I take regular breaks to walk while binging on Netflix.
- Try to walk while enjoying your favorite podcast or show (outside or on the treadmill desk).

Meditate

🧘 Not only is meditation so good for you and your brain, summer is a great time to meditate outside to soak in the vitamin D and nature sounds. Start with simple guided meditations--there are countless options available on YouTube. Again, start small (e.g., 5 minutes) and work your way to a larger goal.

Announcements

DOORS CLOSING SOON!

How to Lawyer (for real) Seminar Series

Every Wednesday starting July 10, 2024 @ 8am Central

Our most popular seminar series is back for a summer refresh!

Feeling like an outsider in your own profession? Wondering when the path will get easier? You're not alone. Join us at [\(lady\) Lawyer Collective Seminar Series](#) - "How to Lawyer (For Real)" and discover a community of women (and a few brave men!) facing the same struggles you are.

This isn't just about overcoming challenges; it's about acquiring the skills we all wished were taught in law school, together. Let's empower each other and fast-track

our growth. 🚀 The next series kicks off on July 10 but hurry - doors are closing soon!
Don't miss your chance to transform your career with a tribe that gets it.

[Join us](#) for this transformative seven-week program and embark on a journey that promises to redefine what it means to practice law. Let's do this together - because transforming your practice starts with transforming yourself. You won't regret it! ✨

💜 All (lady) Lawyer Collective Seminar Series programming is **free** to current private coaching clients. Send me an email with "LLC" in the subject line to reserve your seat.

If you are not a current coaching client or if you have questions about the (lady) Lawyer Collective, additional details and sign-up options are available [here](#).

[FREE Webinar: Why Do We Get Overwhelmed \(and how to fix it!\)](#)
July 31 2024 @ 4pm Central

Feeling overwhelmed with life or with your job?

You're not alone! Join us for a FREE webinar where we'll dive deep into the reasons behind overwhelm and, more importantly, how to conquer it for good.

Learn practical strategies to manage stress, boost productivity, and reclaim your peace of mind. Whether you're juggling work, family, or personal goals, this webinar is designed to help you thrive.

Don't miss out on this opportunity to transform your life!

Grab your seat and put overwhelm behind you for good.

[Your Support Means the World to Me!](#)
Referral Program

When you share your experiences with your network and refer others to me, it is the highest honor you can bestow upon me.

As a sign of my deep appreciation, when your referrals sign up for a full coaching package, I will add additional coaching sessions to your package and notify you via email.

It is an honor to be able to work with my amazing clients and an even greater honor to support my clients to pay-it-forward to those around them. 💖🙏

Free Coaching Consultation
(non-clients)

Schedule my Next Session
(ongoing clients)

For your ears

[The Lawyer Life Podcast](#)



🌟LATEST EPISODE🌟

Summer Hot Takes: How to Know if You Need a Coach

Why do people use coaches? What do they talk about? Why would I need a coach? Find out in the latest podcast episode!

Next episode: Are You the Cause of Your Problems?

What if some of the problems in your life and your career were all caused by the same thing -- you? Would you want to know? In this episode, we dig into the three most common ways that we create our own chaos in life and learn the tools to fix it. Episode airs July 10!

New episodes every other Wednesday.

**“Almost everything will work again if you unplug it for a few minutes, including you.”
— Anne Lamott**



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