



Now, more than ever:

BUILDING A BALANCED, HEALTHY LIFE
DURING COVID - AND BEYOND



Speaker:

Sheila M. Wilkinson, MSW, LMSW, JD, LL.M.

www.smwplc.com

Schedule 45-minutes with Sheila:

www.calendly.com/smwplc

Many thanks to our Host:



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Roadmap

- Why we're Meeting today
- The stuff they don't teach us in school [but should]
 - Notorious Professions
- Focus: You
 - Wellness / Staying Healthy [Routines]
 - Setting Intentions / Baby Steps
- Open Q & A

About Sheila

- Licensed Attorney
- Licensed Master Social Worker
- Educator & Business Coach for Creatives & Lawyers
- Certified Ethics Trainer
- Transatlantic: 13+ years
- 50/50: Fees/Pro Bono
- Continuing Ed Advocate
- Two goals each day
- + Happy Lawyers Exist!

Why we're meeting today

- Brief State of the World
- Goes without saying ... More tests = More confirmations
- Everyone has advice & none of us asked for it
- Too much information from too many places
- Shifts: Paradigm, Physical Space, Routine
- We're mostly either on one side of the spectrum or other
- The Intellectual [Get it Done] understands, but Emotional & Psychological ... still unsure

Personal Mission

- To equip every Louisiana Lawyer with the tools, skills and knowledge they need to live a rich, happy life ...
- To always find humor, joy and love every single day :)
- My Two Goals [and an invitation for you to find yours!]

Now, more than ever:

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Focus: You

- Giving yourself permission

Focus: You

Wellness/Staying Healthy

- Physical
- Mental & Emotional
- Intellectual
- Overall Health

Focus: You

Positive Intentions & Affirmations

- Setting Intentions for the Day or Week
- Creating Affirmations for the Day or Week
- Examples: Intentions vs Affirmations

Focus: You

Setting Goals (Baby Steps!)

- Example Scenario: You!
- Hopes vs Goals
- Options for reaching goals
- Normal Goals vs SMART Goals

Challenge Accepted

- Identify one change you've made to your routine [physical, emotional, intellectual, overall] during this unique time in our lives that you're proud of, and email it to me: sheila@smwplc.com.

Now, more than ever!

05/06/2020



www.smwplc.com

Schedule Time with Sheila: www.calendly.com/smwplc

I give myself permission to:

1. _____
2. _____
3. _____

I commit to ensuring my *physical* health by:

I commit to ensuring my *mental & emotional* health by:

I commit to ensuring my *intellectual* health by:

I commit to ensuring my *overall* health by:

My intention for _____ is:

My SMART Goal for _____ is:

My biggest takeaway from today is:

I promise myself I will: _____

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Before we start:

- **Make sure you've got your Worksheet handy!**

And while you're waiting:

- **Open the Chat/Questions Box, so you can ask questions as we go along**

Many thanks to our Host:



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9. Two goals each day


Happy Lawyers Exist!



Today's Roadmap!



It's an Interactive Session!
Feel free to ask a question via
chat or just listen along :)

1. *Breathing ...* 
2. Why we're Meeting today
 - a. The stuff they don't teach us in school (but should)
 - b. Notorious Professions
3. Focus: You
 - a. Wellness / Staying Healthy (Routines)
4. Setting Intentions / Baby Steps
5. Open Q & A

Why are we meeting today?

Brief State of the World

- Goes without saying ...
- More tests = More confirmations
- Everyone has advice & none of us asked for it
- Too much information from too many places
- Paradigm Shifts
- Physical Space Shifts
- Routine Shifts
- We're on one side of the spectrum or other
- The Intellectual (Get it Done) understands, but *Emotional & Psychological* still unsure

Personal Mission

- To equip every Louisiana Lawyer with the tools, skills, knowledge they need to live a rich, happy life ...
- And to always find humor, joy and love every single day :)

The timing of all this has increased my desire to reach out and help where I can

- Feel free to schedule a 45-minute "whatever you need" call with me:
www.calendly.com/smwplc

Focus: You

First and foremost ...



Give yourself permission to

REST

during this time of uncertainty

Do nothing. Plan nothing. Just be.



Focus: You

Secondly ...



Give yourself permission
**NOT TO DO SOMETHING YOU'VE
BEEN PROCRASTINATING**
(cleaning the gutters, for instance)



Focus: You

Third ...

Give yourself permission to
LAUGH, BE SILLY and ENJOY LIFE

Watch a silly movie

Listen to upbeat music

Be in the moment

Be okay with NOT knowing



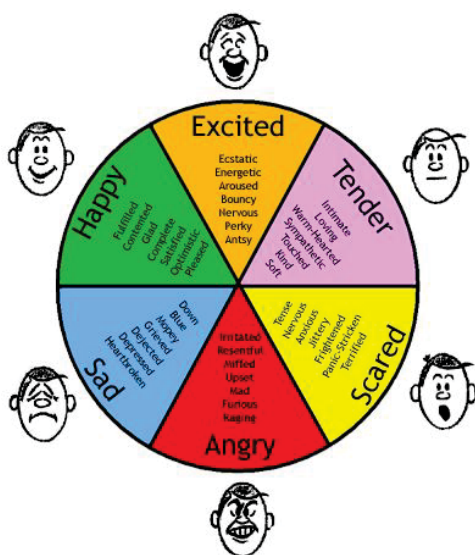
Focus: You - Wellness/Staying Healthy (Routines)

Physical

- ❑ **Sleep** = 7.5 to 8.5 hours each night
 - ❑ Set a *timer*, not an alarm
- ❑ Create a **separate** space for **work** - preferably with a **door/divider**
- ❑ Surround yourself with **beauty & positivity**
 - ❑ Pick flowers from your yard
- ❑ Take a **nap ... real or fake**
- ❑ **Move** each day - **slow & easy**, intense, a mix



Focus: You - Wellness/Staying Healthy (Routines)

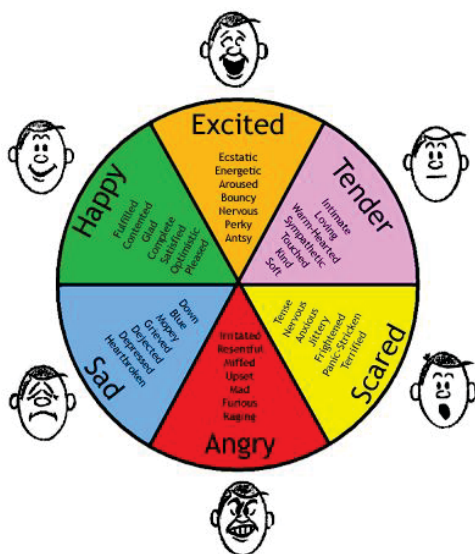


Mental & Emotional

- ❑ *Be honest* about how you feel
- ❑ *Limit* your Zoom/Skype/Video calls ([Article](#))
- ❑ Increase your own *therapy visits*
 - ❑ If you don't have a therapist, *get one*
 - ❑ **Google:** "Help Starts Here" Social Worker

www.helppro.com/nasw/BasicSearch.aspx

Focus: You - Wellness/Staying Healthy (Routines)



Mental & Emotional

- ❑ *Visit* with family & friends via phone and video (in other words, don't make it all work)
- ❑ *Write down* what you're grateful for each day
- ❑ End of the day: write down what *went well*
 - ❑ Who was nice to you?
 - ❑ Who lent a helping hand?
- ❑ Write *thank you* note(s) at least once each week (send via mail or email)

Focus: You - Wellness/Staying Healthy (Routines)

Intellectual

- ❑ **Delay news consumption**
 - ❑ Choose *official* sources
 - ❑ CDC, WHO, NIH, NHS (UK)
- ❑ **Read something *not work-related every day***
- ❑ Bust out *textbooks from Law School or Undergrad*
- ❑ **Talk with your elders** and ask them about their lives and **document their stories** for the family
 - ❑ Ask: How did you overcome adversity?
 - ❑ Watch for little nuggets of wisdom



Focus: You - Wellness/Staying Healthy (Routines)

Overall Health



- ❑ ***You are a whole person. Every piece of you has to be mended, tended to and taken care of.***
- ❑ **Let go** of what you cannot control
- ❑ **Meditate** (1 - 90+ minutes)
 - ❑ I use the free App: “Insight Timer” (Options)
- ❑ Be **alone** or be a **volunteer** - Purpose
- ❑ Create **Intentions** & Repeat **Affirmations**
- ❑ **Livestream** community events (or discover a new community online!)

Focus: You - Positive Intentions & Affirmations

Set Intentions / Affirmations for the Day or Week

1. Determine your *purpose*
2. Focus: what matters most to *you*
3. Envision: what do you want to build, create or nurture
4. Release: Letting go, *forgiving*
5. Acknowledge: your happiest self
6. Identify: Intentional Gratitude

Examples

My focus this week is: ME.

I actively let go of my fears.

I forgive myself for not doing it all.

When I begin to feel ____, I will ____.

I am worthy of my health and time.

Today, I will seek to find peace and joy in every encounter.

Focus: You - Setting Goals (Baby Steps!)

Let's imagine ...

You wake up in the morning. It's 6:17 am.

You look at the clock, calculate the time and say to yourself, "ugh ... I barely got six hours of sleep *again!* I seriously need to start going to bed earlier. What is *wrong* with me?!"



Guess what? *Nothing is wrong with you.*

Focus: You - Setting Goals (Baby Steps!)

Now, it's 8:17 pm ... you're more than halfway through the *Masked Singer*.

On the commercial break, you pick up your phone and think to yourself, "I am so tired. I could seriously go to bed right now, but I want to know! Who *is* that masked singer?!"

So you make yourself a deal: "Okay, right after this, I'll go to bed. 9 pm. 9!"

Suddenly, you look up, and it's 10:32 pm.

You think to yourself ... *ugh, how did that happen?!* And you might throw in some not-so-nice words about yourself ... :(

Focus: You - Setting Goals (Baby Steps!)

So, how did that happen?

Were you having so much fun you lost track of time? Maybe. But not likely.

The most likely culprit?
You didn't set a goal.
Instead, you stated a *hope*.

- ❑ A **hope** is a FUTURE possibility.
- ❑ The brain doesn't understand a hope because it does not have a *process* to get to it.

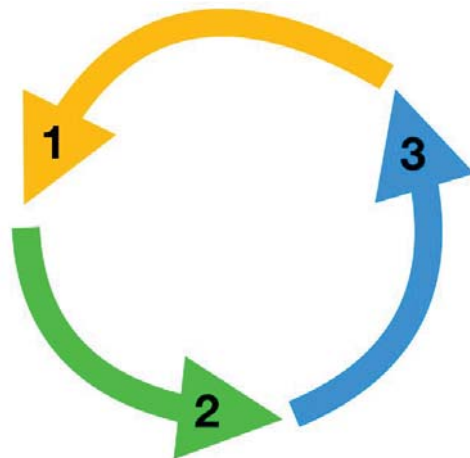


Focus: You - Setting Goals (Baby Steps!)

So, how do we start reaching goals?

Normally, people:

1. Identify a WANT
2. Justify the WANT to a NEED
3. Rationalize NEED with EXCUSES
4. *THEN MAKE NO PROGRESS*
5. Then, they *beat themselves up* for not reaching their WANT (NEED)
6. Then, they make *another* excuse
7. And the cycle continues ... sound familiar?



Focus: You - Setting Goals (Baby Steps!)

Option 1 (Not a goal. A want/need.)

I need to go to bed earlier. I need more sleep! I can't keep this up.

Option 2 (Weaker)

Seriously. Tonight I am going to bed at 10 (and when that does not happen ... "Okay, that didn't work. Tomorrow!")

Why aren't these successful every time?

Set *Small* SMART Goals

- Specific
- Measurable
- Attainable
- Reasonable/Realistic
- Time-Sensitive

For the month of May, I will get *into* bed no later than 10pm on Tuesdays, Wednesdays & Thursdays.

Focus: You - Setting Goals (Baby Steps!)

The best thing about a SMART Goal?

You can apply SMART Goals to
EVERY SINGLE THING
in your life

Personal
Professional
Financial



Remember...

Focus: You

