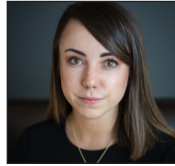


Four Easy Ways to Improve Wellness



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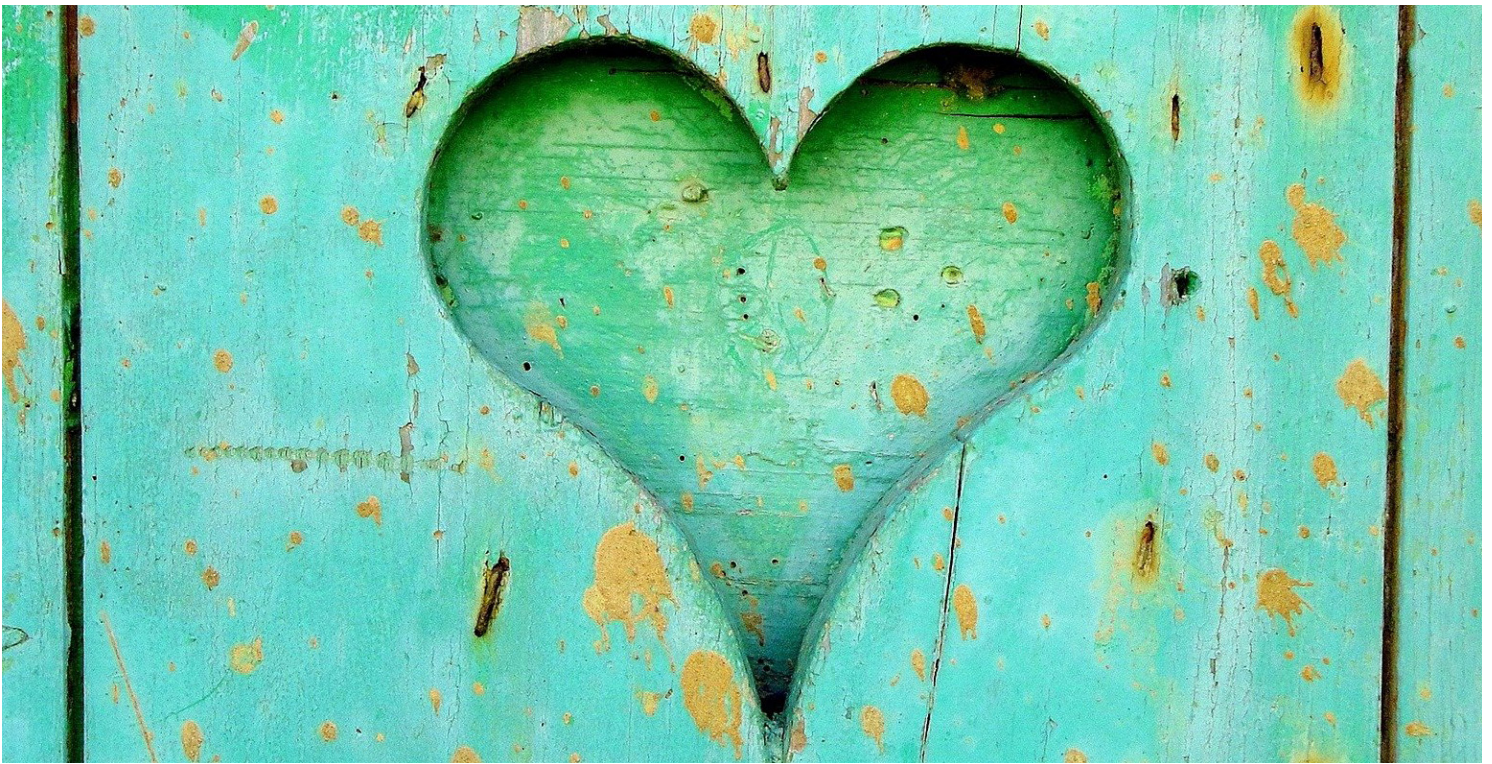


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Most people are familiar with the recommendation that adults should aim for at least 30 minutes of physical activity each day. As lawyers, the need for physical activity and general wellness is even more important as the demands of the job can add stress to daily life. However, unpredictable schedules and long days make it more difficult for those in the profession to designate time for physical activity and self-care. It is important not only to make time for physical fitness, but also to devote time to proactive measures that ensure wellness of both body and mind. Luckily, there are more options than ever for doing so. Below are some suggestions for creative ways to work wellness of all kinds into a demanding schedule.

Utilize a Block Work Schedule

Workplace efficiency research shows that humans tend to be more productive when they work in scheduled blocks as opposed to working on a task with no end in sight. Specifically, 52 minutes of work followed by 17 minutes of rest has proven to be optimal for efficiency in successful completion of tasks. Set a timer, place your phone on “Do Not Disturb” and devote 52 minutes of focused time to a specific task. As soon as the timer sounds, save your work and begin a 17-minute timer. As many of us continue

to work remotely, this time can be used to perform quick tasks around the house that would normally distract us while trying to work. Start a load of laundry, wash the dishes from that morning's breakfast, or pick up clutter around your workspace. Knowing that you will be able to turn back to your work in a set amount of time, and that you will have dedicated breaks to perform other tasks can help ease your mind that you will have time to get everything completed. If you are looking to use your 17 minutes for more dedicated self-care, keep a book nearby to read for pleasure. As lawyers, we often read dense materials day in and day out. Keeping an engaging, non-legal read to delve into during these breaks can help invigorate the mind. Consider a memoir or autobiography of someone you admire, or a captivating fictional read to take your mind away from the workplace. The rest period can also be used to sneak in some physical activity. Even if you are in the office, step away from your desk and do some laps during this time to increase your step count. You'll meet your 30-minute physical activity goal in no time!

Schedule Time for Walks

Physical activity does not have to be demanding to be effective. Setting aside time to go for at least one walk a day is a great way to stay active and incorporate additional self-care. Most people find it easiest to go on a walk first thing in the morning before the emails and phone calls start coming in. Grab a pair of headphones and turn on one of your favorite podcasts or an audiobook to listen to something enjoyable during this dedicated alone time. The "Before Breakfast" podcast by iHeartRadio is a quick, daily podcast that provides general advice on productivity, workplace success, and time management. Streamlined self-help podcasts like this may even provide helpful tips to carry into your workday. For bonus points, try and make it back outside for a walk once the sun comes up for a serotonin and Vitamin D boost. Making a habit out of walking is an easy and effective routine to build into your schedule; you can even take work calls on-the-go to double up on productivity.

Vary Your Workouts

The pandemic left many of us scrambling to figure out how to maintain an active lifestyle with limited workout equipment in our homes. Now that gyms are reopening, consider switching up your typical workout with a new activity. Options include barre, heated spin classes, Zumba, CrossFit, Pilates, boxing, rowing, and even trampoline-based workouts. Varying your workouts will provide an endorphin rush and work your muscles in new ways. Many studios have also adapted to provide online options so you can follow along with classes from home. The possibilities are endless!

Find a New Way to Relax

Most of us associate relaxation time with lounging on the couch and scrolling through the various streaming platforms until we find something to watch on TV. In this wellness-focused era, there are countless ways to relax while also providing benefits to your body and mind. Infrared saunas are one option. Operating at temperatures between 120 degrees to 160 degrees Fahrenheit, infrared saunas are typically cooler than traditional saunas, but provide better sleep, relaxation, detoxification, weight loss, sore muscle relief, clear and tighter skin, and improved circulation benefits. Early studies have also shown that infrared energy can be helpful in treating and preventing diseases. Because infrared saunas do not produce steam, it is easy to bring in an electronic device to listen to music or a book to read while relaxing. If you are pressed for time, cryotherapy is a great way to recharge. Cryotherapy chambers envelop the entire body in frigid temperatures ranging from negative 200 to negative 300 degrees Fahrenheit. Although the treatment only lasts a few minutes, the long-term benefits include pain relief, inflammation reduction, immune system improvement, weight loss, and stress alleviation. Whether you prefer extreme heat or extreme cold, there are plenty of ways to relax and re-energize.

Activities that promote wellness do not have to be taxing or time consuming. Small habits can make a tremendous difference.

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