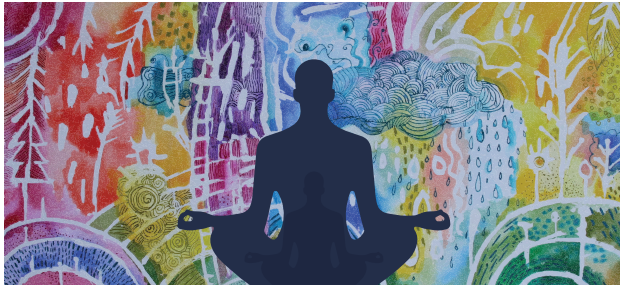


PRACTICE TIPS



WORKING WELL

De-Stress, Decompress and Recharge!

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After a long day of practicing law—in the courtroom, conference room, or even Zoom room—it is essential we recharge for the next one! It starts with the ability to wind down and decompress. But how?

It is important we figure out our best way of obtaining solid rest days. Most attorneys bring their work home with them and continue to think about the stresses of their day long into the night and while trying to go to bed. Instead, try to “compartmentalize your stress” by packing it away in your metaphorical briefcase before winding down each evening—put the case outside your bedroom door! Understand that your “briefcase of stress” will be waiting for you when you wake. Give yourself permission to let go of the contents that weighs on you—just for the night. And every night!

Some tips for winding down and getting a good night’s sleep:

- Pick the same bedtime each day (or as close as possible, including weekends).
- Avoid stimulants such as caffeine, alcohol, and sugar after 5 p.m. Indeed, those with an overall good diet reportedly have better sleep.
- Try to exercise each day because by the evening, your body will feel more tired. It’s best to exercise in the morning, as late exercise can rev you up.
- Try to go on a leisurely walk after dinner. Breathe the fresh air outside.
- Shut off your TV, phone, or other screens for a few hours before bed to avoid the blue light, which can trigger your body into thinking it is daytime.
- Read or play soft music to relax. You may try to listen to “soundscapes” such as ocean sounds, waterfalls, and rain while going to bed.
- Meditate and/or do breathing exercises at bedtime. Try guided meditations while lying in bed that focus on softening the muscles of the body.
- Make sure your bed and pillows are comfortable and supportive, and keep the temperature in your room on the cooler side. Also, make sure you block out light whether with blackout blinds or curtains and/or wearing an eye mask.
- Feel grateful for the day you had. Write in your gratitude journal! Smile, close your eyes and drift into the peace you earned after that long hard day.

When you wake, you can retrieve your “briefcase of stress” outside your door, but now with a refreshed and recharged strength to lighten it. In time, that it should feel lighter and lighter! ■