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## Deal With Your Emotions in a Healthier Way Coping Strategies vs. Coping Mechanisms

What do you do when you feel anxious, sad, or stressed? Do you reach for your phone to scroll through Instagram? Do you turn to a Snickers bar for comfort? Maybe an episode of "Parks and Recreation" is your go-to form of relief. If you use any of these methods, you're not alone.

When humans face difficult situations, they often turn to coping mechanisms to numb emotions and help themselves feel better in the moment. Emotional development expert Alyssa Blask Campbell identifies many common coping

mechanisms, including engaging in screen time, making to-do lists, seeking information, indulging in alcohol or cigarettes, and asserting control where possible. Coping mechanisms make you feel better in the moment, but they don't always help process and deal with emotions in the long run.

### Coping Strategies vs. Mechanisms

Turning to coping mechanisms is a habit you may have learned as a kid. It's understandable, and it's okay. But instead, you want to focus on coping *strategies* that help you work through challenging emotions and find calm again.

Coping strategies are things like breathing exercises, talk therapy, journaling, reading, and physical movement like dancing. While these may take more time to yield results than a TV program or candy bar, tapping into these strategies helps you feel better *and* process what you're going through, which allows you to release whatever is causing you strife.

Because the way you react when your emotions overwhelm you has an impact on the way you feel during and after that experience, it's all the more important to understand the different coping tools at your disposal.

As you learn to incorporate coping strategies into your life and call on them when you're dealing with hard emotions, give yourself grace. You can still turn to healthy coping mechanisms when you need them. The key is to also incorporate some of these strategies to help you better process whatever comes your way.



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Many of our clients never  
come into the office. We  
use technology to handle  
their cases virtually all  
across Florida.

## Two Concentrations, One Focus: Fighting for Your Future

### The Crazy, True Story Behind My Legendary Disney Shirt Proof That Mickey Mouse Can Bring Strangers Together

Twelve years ago or so, on a family trip to Disney World, I bought a shirt that spoke to me. I still remember the moment I saw it. I was with my wife, and we had just walked into The Merchant of Venus, that gift store in Magic Kingdom over by the Buzz Lightyear ride and Space Mountain. My eyes immediately landed on a Mickey Mouse shirt, and I had to have that shirt. It spoke to me. This is very unusual for me, as I am not a fashion trendsetter if you know what I mean.

"Honey, look at this!" I called over to Marjorie. "This is awesome!"

She said, "Carmen, you already have enough Disney shirts. You don't need another one."

She had a point, but I held firm. I never ask her for anything, but I knew I had to have that shirt. It was the coolest Mickey Mouse shirt I'd ever seen. After she relented, I proudly took it up to the counter, made my purchase, and the legend began.

The moment I put on the shirt, strangers started coming up to me to ask about the shirt. For the next dozen years, every time I wore it, I got compliments out the wazoo. People would tell me how awesome my shirt was, ask where I got it, and even ask to take a picture with me! Each time, I smile smugly at Marjorie, and she gives me "the look." Every married guy knows this look. I get "the look" often.

Now, the thing about the shirt is that it's 100% polyester. It's heavy, and I always perspire in it, so I have to take it to the dry

cleaners all the time. After years of that, the chemicals started taking their toll. Last year, I noticed that while the shirt didn't look ragged yet, the colors were starting to fade. I started to get concerned. I told Marjorie that it just wouldn't be a Disney trip if I couldn't wear my shirt. I convinced her to look around online for an identical one that I could replace mine with one day. Reluctantly, she looked for me.

Well, Marjorie found a woman in California who was selling the exact same shirt on eBay. She bought it, and then she got this amazing email from the seller. The woman wrote Marjorie a long story — it must have been two or three pages, single-spaced — about her father, who was the original owner of the shirt. This woman herself was around 60 and lived near Disneyland in Anaheim. Her parents were huge Disney buffs, and they'd started going to the park on opening day. Every weekend for decades, they went back to dance at the dance club, and when they had kids, Disney became a huge part of their lives. This woman had tons of memories of her dad wearing that shirt, and it meant so much to her that she had to share her parents' love story with us. She wrote that she hoped the shirt would go to someone who truly appreciated and loved Disney as much as her family did.

Well, as you can imagine, my wife started crying reading this email. She immediately wrote back and said, "You won't believe it, but my husband loves this shirt as well!" She told her all about how we have the same family tradition and take our kids



to Disney as often as possible. It was a beautiful moment and a testament to the powerful magic surrounding all things Disney.

With Disney finally reopening, this story came back to me. That's because the Disney we're going back to won't be the same as the one we left. We'll have to enjoy it in a different way, without the monorail, the trams, and a dozen other things. But nothing is ever going to change the feeling I get when I walk through the gates in my legendary shirt. That moment always feels special, like love and family. I'm wearing my shirt as I write this because it's Disney Day here at the office. And yes, before you ask, the compliments are still coming!

I haven't had to retire my original shirt yet, but it's good to know I have a backup that's just as special and has a great story behind it. All that's left to decide is who should inherit Legendary Disney Shirt 1.0 when the time comes. Right now, the odds are split between my stepson Brad, my son-in-law Kyle, and my son, Nick. I really have to think about this one - the shirt is just that good.

*-Carmen Dellutri*

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[DellutriLawGroup.com/resources/newsletters](https://DellutriLawGroup.com/resources/newsletters)



# Run off the Road as a Motorcycle Rider? Here's What to Do.

If you were to do a Google search for “motorcycle accidents in FL,” you would find pages and pages of news stories. No Florida county is safe from this either — Ocala, Marion, Orlando, Sarasota, Bradenton, Crystal Springs, Polk County, Jacksonville, and Tampa are all listed on that page-one search (at least from our office at the time we searched). We know if you kept looking, you'd find your own town or county. So, what should you do if you get run off the road by another driver while out taking a cruise on your motorcycle?

In the best possible scenario, you were able to grab a photo of the car that ran you off the road along with a license plate number. Or, that person was kind of enough to stop and see if you were okay. But, if neither one of those things happened (and they usually don't), here's what you can do.

Unless you were able to gather identifying information about the other driver, you don't have a lot of options — but you do have Uninsured Motorist Insurance.

See if anyone saw what happened. If you can find a witness (or two), write down their name, number, and address. If you have a recording option on your phone and can record a statement on the spot, even better.



Report what happened as soon as possible. Call the police and file a report. Give the police as many details as you can muster.

Look around for any video cameras that may have captured the vehicle before the incident, during the incident, or after the incident. Look for cameras that may have caught the year, make, and model of the offender's car, or maybe the license plate. But don't wait too long as many cameras record over events within 24 hours.

Sometimes you can't avoid a car that isn't trying to avoid you. Hopefully, you were not injured in the incident and can walk away without any major damage.

## Small Business Spotlight: Karina Borgia-Lacroix

Owner, American Real Title



For this month's small business spotlight, we wanted to introduce you to American Real Title. Owner, Karina Borgia-Lacroix has specialized in working with clients in residential and commercial real estate transactions. As a law firm, we know Karina does things by the book! For more than 20 years Karina has built her career assisting in a variety of legal fields, such as real estate, business, international trade, energy, and white-collar crime. That's why when Karina started American Real Title years ago, we knew it would be a natural fit for her.

Karina is very passionate about everything she does. She and her company often give back to the community by donating their time and money. Her entire team is bilingual and ready to assist at the drop of a hat.

If you are looking for a fantastic title company, give them a call at (239) 768-0144!

## Testimonial Our Clients Say It Best

Before I started the bankruptcy process, I was very unsure and nervous. Until I finally met with Mr. David Lampley and the staff at Dellutri Law Group. Everyone has been unbelievably caring, helpful, professional and supportive during this time. They are truly FANTASTIC and made this scary experience and time in my life so much easier. Thank you again to Carmen Dellutri, David Lampley and all the amazing staff in the group for all your dedication to what you do. Again, everyone was truly fantastic and I'm very grateful. —A.A.



# THANK YOU!

### A Huge Thank You To Our Referral Partners!

Last month we had:

- 27 referrals from friends, family or previous clients
- 10 referrals from other attorneys
- 4 referrals from doctors in town
- We sent 47 referrals out



## What's the Good News?

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

## Employee Spotlight

Meet Ronnie Fedorczyk



### Weeknight Curried Apple Pork Chops

Inspired by DinnerAtTheZoo.com



If you have been following our firm for a while, you probably recognize the name, Ronnie Fedorczyk. After all, she has been here for 16 years!

When you meet Ronnie, it doesn't take long to recognize her enormous heart and genuine character, which is why it wasn't shocking to learn that she absolutely loves babies! In fact, before she relocated to Florida, she managed

an infant room in New Jersey where, at any given time, she had four assistants and 16 babies.

When we asked Ronnie who she'd like to choose for her Dellutri Law Group Passion Project, March of Dimes was an effortless decision. They have helped millions of new babies not only survive but also thrive since 1938. Most of all, March of Dimes provides research, comfort, and support to families in the NICU, plus serves as an advocate for moms and babies. "I just love babies and I always have," says Ronnie. "Anything I could do to help the most innocent of lives — babies — I would do in a heartbeat."

To learn more about our Dellutri Passion Projects, visit our website [DellutriLawGroup.com](http://DellutriLawGroup.com)!

### INGREDIENTS

- 2 tbsp coconut oil or ghee
- 1 cup onion, diced
- 1 tbsp garlic, crushed
- 1 tsp ginger, finely chopped
- 1 tsp salt
- 1/2 cup water or apple juice
- 2 tbsp hot curry powder
- 3 cups diced apples (peeled or not, your choice!)
- 6 pork chops
- Cilantro, roughly chopped

### DIRECTIONS

1. Preheat oven to 375 F.
2. In a large pan over medium heat, melt coconut oil or ghee.
3. Add onions, garlic, ginger, and salt. Sauté for 10 minutes or until onions are soft and mixture is fragrant.
4. Mix in water or apple juice and curry powder. Then add apples, ensuring they get coated in sauce.
5. In an oven-safe dish, arrange pork chops, cover with sauce and apple mixture, and cook for 20 minutes (if using bone-in chops, cook for an additional 10 minutes) or until the meat reaches an internal temperature of 145 F.
6. Garnish with cilantro. Enjoy!