

A Statewide Law Firm

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



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MARCH 2024

Growing Together With You

GIVE YOURSELF SOME ME TIME

Tips to Help You Focus on Your Mental Well-Being

Can you believe it's March already? Me neither, but I will say things are definitely getting better now that I am following my plan and incorporating "me" habits into my life. I've already incorporated a few time techniques from January, and I was always a saver (thanks, Mom). I hope you are benefiting from these newsletter tips like I am.

Based on the feedback so far, it's been an eye-opener for many of you. This month, I'm sharing the five best techniques to help take charge of your mental well-being. I know many of you are thinking mental well-being, blah blah blah. I used to be that way, too, until I tried a few of these techniques. Don't knock it until you try them.

1) Mindful Breathing: This one often gets overlooked. Practice deep, conscious breathing to center yourself. Focus on your breath, inhaling and exhaling slowly. Do it for one minute. This simple technique can help calm your nervous system and reduce stress, especially at work or home. Just Breathe.

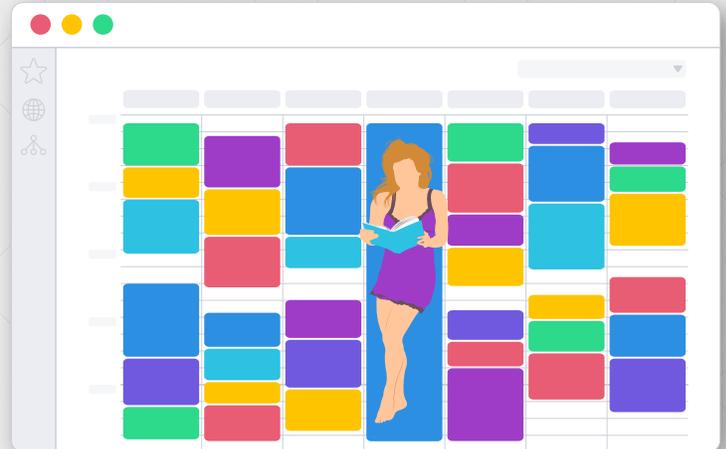
2) Gratitude Journaling: This is a big one for me. Take a few minutes each day to write down things you are grateful for. You can even

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Reach us any time at 888-889-8899 or DellutriLawGroup.com

If you'd like to leave us a review, feel free to scan the QR code. We appreciate every word!



speaking them into your notes app on your phone. Cultivating a sense of gratitude can shift your focus from stressors to positive aspects of your life.

3) Digital Detox: Do you pick up your phone way too often? Set boundaries on your use of electronic devices. Allocate specific times for checking emails and social media, and take breaks to disconnect. Agree with your kids and significant other and hold each other accountable. Constant connectivity can contribute to stress and anxiety.

4) Establish Healthy Boundaries: This is where I need the most help. Learn to say no when needed and set boundaries in your personal and professional life. It's important to prioritize your well-being and not overcommit.

5) Establish a Routine: Habits can be created and deleted from your life. Create a daily routine that includes time for self-care, work, and leisure. Having a structured routine can provide a sense of stability and control over your day.

It's essential to find what works best for you, and incorporating these techniques into your daily life can contribute to better mental well-being. It will be challenging at first, but remember, we are working together on this, and I don't give up so easily.

See you next month,

-Carmen

If you know someone who would like a copy of this newsletter, please visit this link to add them to our mailing list: DellutriLawGroup.com/resources/newsletters

Conquering Stress: Techniques to Take Charge of Your Mental Well-Being

Remember to adapt these activities to suit your preferences and schedule, and prioritize what resonates most with you. Taking proactive steps to manage stress can greatly improve your mental well-being and overall quality of life.

Week 1: Mindfulness

- Practice mindfulness meditation for at least 10 minutes each day.
- Attend a virtual mindfulness workshop or seminar to learn new techniques.
- Keep a gratitude journal and write down three things you're thankful for each day.
- Take mindful walks in nature, focusing on your surroundings and senses.
- Try mindful eating by savoring each bite of your meals without distractions.

Week 2: Relaxation

- Schedule a spa day at home with soothing baths, aromatherapy, and calming music.
- Practice progressive muscle relaxation techniques before bedtime to release tension.
- Enjoy a leisurely activity such as reading a book, painting, or gardening.
- Treat yourself to a relaxing massage or acupuncture session.
- Take a break from screens and spend time in a quiet, peaceful environment.

Week 3: Coping Strategies

- Attend a virtual stress management workshop to learn coping techniques.
- Practice deep breathing exercises throughout the day to reduce anxiety.
- Engage in physical activity such as yoga, tai chi, or a brisk walk to release stress.
- Connect with loved ones for social support and share your feelings.
- Create a self-care plan with activities that bring you joy and relaxation.

Week 4: Self-Care

- Plan a self-care day with activities that nourish your mind, body, and soul.
- Set boundaries to protect your time and energy from stressors.
- Treat yourself to a healthy and delicious meal, focusing on nourishing your body.
- Practice self-compassion and forgive yourself for any perceived shortcomings.
- Reflect on your progress in managing stress and celebrate your achievements.

“Testimonial

Our Clients Say It Best

“Kathy and Attorney Carmen Dellutri handled my case with great care. We weighed out all of my options and they got my case dismissed! I am now going to be receiving all of my money back from a wage garnishment case. I can't thank them enough!”

–J.M.

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The Neuroscience of Pediatric PTSD

DOC EDWARDS, DC, DAACP

Brains are squishy, like tapioca pudding. They're protected by a hard skull, but that skull has sharp ridges all along the inside of it. A jostle may not seem like a big deal from the outside, but there's always a risk of those ridges bruising the brain tissue.

If you can imagine singing along to "Baby Shark" in your car seat, and suddenly a Chevy crashes into your trunk — glass explodes around you, Mom is hysterically checking to see if you are okay, all the EMS are checking for possible injuries, sirens blare ... as an adult that's scary. As a kid? The aftermath itself can be traumatic.

Medical doctors will check a child involved in an accident for broken bones, cuts, bruises, organ swelling. Once they're cleared, most children are released because they're more flexible and better protected than the adults who typically show up to a chiropractor's office. I've noticed, though, that it doesn't mean everything is okay.

My patients, Jamie and Bryan and their three children, were in a car accident. No one was hurt. But Jamie and Bryan said their middle daughter still seemed shaken up. I did an examination and found a lot of the reflexes she had as a baby, the normal ones related to startling when someone claps loudly or gets too close to your face, were now inappropriately activating. She didn't hit her head in the accident; she wasn't physically hurt. But there was something absolutely off.

In "The Neuroscience of Pediatric PTSD" (Post Traumatic Stress Disorder), Stanford and Iowa State researchers highlighted several things that contribute to a child perceiving an event as traumatic. Their reserve or capacity is diminished if they had prior diagnoses of anxiety and concentration issues, had problems sleeping, experienced injuries, or saw loved ones injured. Also, the more catastrophic events a person experienced, the more likely they were to perceive some new event as traumatic.

Here's why I've built my practice around improving children's resilience. Every local child was impacted by Hurricane Ian. Every local child older than 8 was impacted by Ian, the COVID-19 pandemic, and Hurricane Irma.

As parents in southwest Florida, we have to be more committed to building our children's brain reserves, so they're not caught off-guard by something shocking to their psyche.

If your child has seemed off since an accident, there is help available from chiropractic specialists who understand how to care for your child in a unique way. We help hurting children get well and healthy children thrive.

John "Doc" Edwards, DC, DACCP is part owner of Palmetto Clinics in Cape Coral and Fort Myers. He is a clinical researcher and has been the advanced perinatal clinical practice instructor for the International Chiropractic Pediatric Association since 2017.



ST. PADDY'S IRISH SODA BREAD

Inspired by Epicurious.com

INGREDIENTS

- Nonstick vegetable oil spray
- 2 cups all-purpose flour, extra for dusting
- 5 tbsp sugar, divided
- 1 1/2 tsp baking powder
- 1/2 tsp kosher salt
- 3/4 tsp baking soda
- 3 tbsp chilled unsalted butter, cubed
- 1 cup buttermilk
- 2/3 cup raisins

DIRECTIONS

1. Preheat oven to 375 F. Coat an 8-inch round cake pan with nonstick spray.
2. In a bowl, whisk together flour, 4 tbsp sugar, baking powder, salt, and baking soda. Cut butter into the mixture with your fingers or a pastry knife until crumbly. Make a well in the center and pour in buttermilk. Gradually mix until dough comes together. Mix in raisins.
3. Using floured hands, form dough into a ball and transfer to pan. Sprinkle with remaining 1 tbsp sugar.
4. Bake bread for about 40–45 minutes or until golden brown and a tester stick comes out clean. Let bread cool in the pan for 10 minutes, then enjoy!

A Huge Thank-You to Our Referral Partners!

A referral is the greatest gift we can receive from a client or fellow business! Last month we had ...

- 46 referrals from friends, family, or previous clients
- 25 returning clients for new matters
- 22 referrals from other attorneys
- 3 referrals from doctors and other professionals
- **We sent out 79 referrals to our trusted referral partners.**

What's the Good News?

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23



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Our Crash Course Was a Smashing Success!

It's no secret: Florida motorcyclists are some of our favorite people. Few things feel better than hitting the streets on two wheels when the sun is shining and the beach is a short ride away.

That's why Carmen is The Sunshine State Biker Lawyer! (That, and because riding

a motorcycle on Florida's crazy roads can quickly get dangerous.)

To help all of our friends in helmets and leather, our office recently sponsored another "A Crash Course for the Motorcyclist" – and it was a smashing success! The class was a partnership

with the nonprofit Road Guardians (RoadGuardians.org), and our donation knocked the price for bikers from \$100 down to \$35.

The turnout was impressive. We loved seeing so many motorcyclists roar into the Harley-Davidson dealer in Fort Myers to learn what to do in the 5–30 minutes after a crash. The class's instructor explained basic steps like how to remove a helmet correctly and how to move an injured rider safely. Then, the motorcyclists practiced with each other! Every student sped home with a patch, a certificate, and a trauma kit.

If you attended "A Crash Course for the Motorcyclist," thanks for coming out! It was great to see you, and we're proud of you for doing your part to keep Florida's roads (and your friends) safe. It was so good to see our friends from SupportBikers, who also bought everyone pizza!



Carmen speaking about the importance of insurance to the motorcycle safety course students