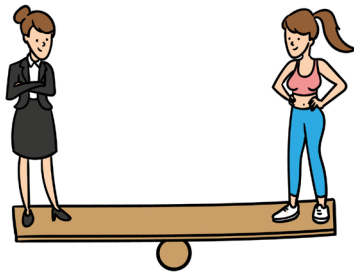


The Catalyst

The newsletter of the Illinois State Bar Association's Standing Committee on Women and the Law

Chair's Column

BY SHIRA TRUITT



**WOMEN IN LEADERSHIP:
WORK/LIFE BALANCE**

Welcome to the 2020-2021 bar year with the Standing Committee on Women and the Law! I'm pleased to chair this committee for this bar year and am excited about this year's program. Our theme, women in leadership, celebrates the awesome opportunities of women leaders. It is my hope to highlight women in leadership and strengthen the opportunities of women leaders. This year, we have a wonderful opportunity to celebrate women in leadership—from

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Sunday Blues

BY PALOMA HOLLOMAN, ESQ., LL.M.

It's happened to the best of us, the Sunday blues. That moment on Sunday when you can't help but feel stress, anxiety, or downright dread about the start of the workweek. When it happens, Sunday may as well be over. Sunday blues don't only directly affect us, but also our presence around our family and friends. While we may not be able to completely eliminate the nagging notion that as the hours tick away, our coveted brief hiatus from the work week is ending, there are methods we can use to avoid or reduce our chance of having this feeling.

As lawyers, it can be difficult to turn our "work-brains" off. We want to work around the clock for our clients and are constantly thinking about how we can

better serve them. But ask yourself, "can this issue even be addressed right now?" If the answer is "no" (and, on Sunday, the answer is most likely no), then there is no reason to worry about work on a day that should be devoted to decompressing from the previous workweek. Court isn't open on Sunday, administrative offices are closed, and many of our clients are addressing their own needs and matters on Sunday. Why not give yourself the same day off? Getting stressed out about something you anticipate happening will cause you to stress twice: First, on Sunday and again when the event happens (or doesn't happen, for that matter). Personally, the anticipation of a hectic work week is typically worse than the

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Chair's Column

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Illinois Supreme Court Chief Justice Anne Burke to current ISBA president Anna Krowlikowska to former WATL member and leader of the Illinois Judges Foundation, Patrice Ball-Reed!

In response to our theme, this year's program will focus on empowering women at every angle by arming them with the tools necessary for success! For example, we've heard about the gender bias that produces gaps in compensation. This year, we'll offer a CLE that focuses on negotiating better compensation. WATL will work to embrace ISBA's social media by using the hashtags #WATLWIL and #ISBAWATL. With the combined social media presence of our members, we should be better able to generate an awareness of our programs and, maybe, a surge in participation!

To meet the demands of our growing audience, and to make the newsletter a bit more interesting, we'll include a few different things this year! This year, we'll offer a series of themes for the newsletter. In no particular order, they include:

- Women in Leadership: Work/Life Balance
- Women in Leadership: Political Participation
- Women in Leadership: Diversity, Equity, and Inclusion
- Women in Leadership: The Universal Woman
- Women in Leadership: Women in the Legal Profession

Each issue will include a themed puzzle and answer key, one panel cartoon, and playlist! We're exploring the option of making the newsletter an e-zine so that

it has greater opportunities for the ISBA and WATL as we move forward with our programs, sponsorship opportunities, and creating a better awareness of who WATL is and what WATL offers.

While we'll certainly offer our usual programs, we'll also offer a number of new opportunities for ISBA members and the larger community. Currently, those include a Black History Month event as well as some meaningful community service activities. Additionally, plans are underway for our first lobby day with the Illinois State Legislature! I'm not sure of how we will need to adapt this year's plans given the realities of COVID-19 and its progeny, but we are currently planning virtual events for the remainder of 2021 and live events beginning in February of 2022.

I'd like to thank our former chair, Cindy Buys, on her extraordinary leadership during the 2020-2021 bar year. Cindy's leadership would be appreciated under most circumstances; however, her leadership skills during the global pandemic exemplified a consistency and steadiness that was necessary to guide us through that challenge while accomplishing some of the goals for which she planned. Cindy, thank you!

I'm looking forward to serving as committee chair for the 2021-2022 bar year. Hopefully, I'll see new—and familiar—faces as we celebrate women in leadership! ■

Sunday Blues

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actual reality.

There's nothing wrong with a mental walkthrough of the week to come but do your best to leave it at that. In our profession, the reality is that we may be roped into a work-related matter on our days off, but if that's not the case, then there's

no need to mentally go to work when you're supposed to have the day off and take care of yourself. Whether you get pampered at the salon, enjoy exercising, or need to catch up on those extra hours of sleep, self-care comes in many forms. Caring for yourself before the start of the week can help you

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physically and mentally prepare for it, and best of all, you'll feel good and ready for the week ahead. Work isn't a part of your self-care routine, so don't clock in before the week has even begun. Figuring out your self-care routine may take some time, but

the goal is to focus on doing what makes you happy and relaxed.

Next time you feel the Sunday blues, remember that many Mondays have passed, and many more Mondays will come. It's one day, and it's the day that will get you closer

to landing your next big client, to winning your case in court, or to your next exciting getaway. Be kind to yourself and allow Sunday to be Sunday. ■

Tackling Anxiety: A Look at Anxiety Among Women and Ways to Wind Down

BY LAUREN PIERUCCI

It likely comes as no surprise to anyone that anxiety can affect people of any age, gender, race, location, and ethnicity. Women, however, are nearly twice as likely as men to be diagnosed with an anxiety disorder in their lifetime.¹ Furthermore, women working in the legal profession may experience more prevalent rates of anxiety than many women in other professions.² Add in the undeniable effects that COVID-19 had over the last 18 months and continues to have as many return to the office and school, and it becomes critical that women find the tools to identify their triggers of anxiety and learn how to cope with their version of anxiety, to be able to maintain a healthy mind, body, and soul.

The U.S. Office on Women's Health³ defines anxiety as a feeling of worry, nervousness, or fear about an event or situation.⁴ It is a normal reaction to stress, and can help one cope, stay alert, and remain focused.⁵ However, when what was once helpful and healthy becomes disruptive or disabling, the potential for greater anxiety or an anxiety disorder must be considered and reigned in. Researchers further provide that anxiety disorders are often caused by a combination of factors, such as hormonal changes, genetics, and traumatic events.⁶ Women, in particular, go through several distinct hormonal and psychosocial transitions during their lifetime (puberty, pregnancy, and menopause, to name a few), which provides female-specific areas of focus in which researchers study in terms of the importance of assessing and treating anxiety among women.⁷

As we still strive to respond to and emerge from the devastating COVID-19 pandemic, businesses, schools and

courthouses alike are opening back up and more companies are making it clear their expectations for employees to return to the office.⁸ For some, the pandemic was pivotal in putting a national spotlight on gender and class inequalities that have existed in many professions and households for decades. This has resulted in a national conversation starter about improving the ever-changing work-life balance, particularly among women. The legal profession stands in a critical position in this discussion for various reasons and should take this opportunity to become a leader in promoting the mental health and well-being of its members.

It is undeniable that the legal field is demanding; one in which stress and anxiety are commonplace. Studies across dozens of professions have shown that those working in the legal field are more than three times more likely to suffer from anxiety and depression than those in other industries studied. Further, over the last 60 years, the percentage of female lawyers in the United States has grown from single digits in 1960 to 33.8 percent in 2020 and continues to rise at an impressive rate.⁹ An increasingly-female-driven industry deserves and demands to also increase its ability to identify and assist its members and clients in maintaining proper mental health and self-care.

Women with anxiety often experience a combination of anxious thoughts or beliefs, physical symptoms, and changes in behavior.¹⁰ Common symptoms of anxiety include physical weakness, shortness of breath, rapid heart rate, nauseous, upset stomach, hot flashes, and dizziness.¹¹ It is important to note that physical symptoms of anxiety disorders often happen along with other mental or physical illnesses, which can

cover up anxiety symptoms, or make them worse.¹²

Professional treatment for anxiety is much more widely available, and can include things like trained counselors, cognitive behavioral therapy, medication, and guided lifestyle changes. Additionally, there are complementary steps one can take to reduce build-up of stress and anxiety, such as listening to relaxing or familiar music, talking with a friend or loved one, taking part in a relaxing hobby, and maintaining a healthy diet. Furthermore, all types of regular physical activity have been shown to raise the level of chemicals in the brain that control mood and affect anxiety and depression, including running, walking, and yoga.¹³

For those looking to hear it from others about how they deal with stress and anxiety, there are several podcasts that feature candid and sometimes humorous discussions with professionals and non-professionals alike, about identifying triggers and learning to balance self-care, such as *Armchair Expert*,¹⁴ *The Anxiety Podcast*,¹⁵ *The Positive Psychology Podcast*,¹⁶ and *The Hilarious World of Depression*,¹⁷ to name a few.

For many, simply being able to successfully identify their own anxiety triggers so they don't take over the mind is the first hurdle. For others, learning to avoid the triggers has become a way of life and seeking outside treatment is the hard part. Wherever you find yourself along the spectrum of mental well-being, one thing to keep in mind is that there is no shame in prioritizing or embracing self-care. ■

1. <https://adaa.org/find-help-for/women/anxiety>.

2. <https://www.americanbar.org/news/abanews/publications/youraba/2017/december-2017/secretcy-and-fear-of>

stigma-among-the-barriers-to-lawyer-well-bei/.

3. The Office on Women's Health (OWH) was established in 1991 within the U.S. Department of Health and Human Services (HHS). OWH coordinates women's health efforts across HHS and addresses critical women's health issues by informing and advancing policies, educating health care professionals and consumers, and supporting innovative programs. <https://www.women-shealth.gov/>.

4. *Anxiety Disorders*, The Office on Women's Health (OWH), January 30, 2019. <https://www.womenshealth.gov/mental-health/mental-health-conditions/anxiety-disorders>.

disorders.

5. *Id.*

6. <https://focus.psychiatryonline.org/doi/10.1176/appi.focus.20160042>.

7. *Id.*

8. https://www.wsj.com/articles/return-to-work-the-boss-wants-you-back-in-the-office-11627079616?st=5lcj59m4qknx2w&reflink=share_mobilewebshare.

9. <https://www.census.gov/library/stories/2018/05/women-lawyers.html>.

10. <https://www.womenshealth.gov/mental-health/mental-health-conditions/anxiety-disorders>.

11. *Id.*

12. *Id.*

13. *Id.*

14. <https://armchairexpertpod.com/>.

15. <https://podcasts.apple.com/us/podcast/the-anxiety-podcast/id1031117023>.

16. <https://podcasts.apple.com/us/podcast/positive-psychology-podcast-bringing-science-happiness/id912190084>.

17. <https://www.hilariousworld.org/>.

Getting to Know: An Interview With Gladys Santana

BY MARGIE KOMES PUTZLER

I had the opportunity to interview Gladys Santana, a new member of the Standing Committee of Women and the Law. She works at Meyers & Flowers, LLC, and has since its inception in 2013. Meyers & Flowers, LLC has its primary office in St. Charles, Illinois, and offices in downtown Chicago and Peru, Illinois, representing clients all over the country. Prior to that Gladys worked at Foote, Meyers, Mielke, Flowers, LLC first as an intern, and then as an associate. She currently represents people who have been injured with a focus on representing people who have been hurt by defective medical devices or dangerous pharmaceutical drugs. She is passionate about helping people who have been wronged and finds work to be most rewarding when she is able to help a person or family achieve some semblance of justice, help guide them through what can feel like darkness, and help find peace in the answers to their questions.

Gladys grew up in West Chicago and attended Northern Illinois University for undergrad where she majored in political science and minored in English. She said she loved Dekalb's sea of corn fields so much (insert laugh here!) that she chose to attend Northern Illinois University College of Law for her legal studies. Since she was a small child, Gladys knew she wanted to help people. Initially she wanted to be a police officer but since she inherited her mother's small stature, she decided law was a better fit.

Gladys told me her career has been

influenced by so many people, some good, some not so good. A career in the legal field is dynamic and ever changing, influenced by people from all walks of life. But, pressed for an answer, she shared that one person who has influenced her career, in more ways than even he may know, is one of the first attorneys she met shortly after becoming a lawyer, Ryan Theriault. She has known him for almost 10 years now, during which time he has served as her mentor, even if he did not intend to. He is a talented lawyer who is ambitious, witty, funny, honest, and generous with his time, which is a most valuable commodity in the legal field (and in life!). Having been a first-generation attorney who came from a working immigrant family, Gladys did not have the luxury of family or friends who were lawyers to teach her the ropes. She had Ryan. He taught her practical skills, opened her eyes to opportunities she did not know existed and has allowed her to share in his triumphs and successes. She said that Ryan Theriault has undoubtedly impacted the trajectory of her career and has pushed her to be a better lawyer.

I asked Gladys who she considered the most influential woman in her life. She was quick to respond that it may sound like a cliché but the single most influential woman in her life, without a doubt, is her mother, Irma Proa. She has influenced Gladys to be a strong, independent, leader and is a source of strength and inspiration, not just for Gladys, but for the entire family. Even with her mother's small five-foot frame, she has

managed to defy stereotypes, break barriers, build and re-build multiple, successful businesses from scratch, and carve out opportunities for herself and her family. She exudes confidence that she does not even know she has and is capable of commanding a room full of adversaries all while keeping composure and grace. Her contagious optimism, vigor for life and unwavering enthusiasm for her family is unlike any other. Gladys said when she grows up, she wants to be like her.

Gladys joined the ISBA as a newly admitted lawyer because that was the organization in which other attorneys in her firm were members. The ISBA had the added benefit of offering a newly admitted CLE package that all lawyers need in the first year of practice. The ISBA offers so many great CLE opportunities.

When asked if she had any tips for our new attorneys Gladys responded with "jump in, headfirst, into expanding your network. When you graduate law school, you quickly realize that law school taught you how to *think* like a lawyer but did not actually teach you how to *be* a lawyer. As a result, in the first few months and years of being admitted to practice law, new attorneys tend to focus on learning their area of practice and tend to forget about the importance of networking. Get out, talk to people, meet other lawyers, make connections. Hard work alone is not enough to make you excel as a lawyer. Consistently working on expanding your network is key and you will be a better

lawyer because of it.” She explained that this is done by following up with the connections you make. When you are at a networking event like a golf outing or conference, you will meet a lot of people in a short period of time. It is easy to meet people for the first time in these types of settings, but it is much harder to cultivate meaningful connections from those single conversations. If you build off your initial encounter, you will find that the short conversations can turn into fruitful professional connections. For example, if you learn a tidbit or anecdotal fact about a person, follow up the conversation by bringing it up in an email a week or two after your initial meeting. People appreciate being heard and remembered.

Women face many obstacles in the legal profession. I asked Gladys what she

thought was the biggest obstacle. She pointed out there are so many, sometimes it’s exhausting. In her opinion, the biggest obstacle for women is, simply put, inequality: unequal pay, unequal opportunities, unequal expectations. There are many misconceptions that are attached to an attorney simply by being a woman in the legal field. While women cannot allow those misconceptions to govern how we practice law, dispelling them can certainly be an intentional byproduct of all the amazing work accomplished as trailblazing women lawyers.

Gladys comes from a Mexican family and her leisure time is filled with family and food. Her tight knit family is everything to her and food is central to her happiness. More often than not, you will find Gladys

firing up the grill for a carne asada with her husband, three kids, parents, siblings, nieces, nephews, friends, etc. Large gatherings with tons of food are common in her house. She admitted, and claims her family will attest to it, that she is probably the worst cook in her family but, in her defense, the standards are very high as her parents have owned several Mexican restaurants in their lifetime—how can she compete with that? There is an argument to be made that based on those standards, she can’t be THAT bad! Right?■

Margie Komes Putzler is an associate at Turner Law Offices in Sycamore, IL, a firm that specializes in personal injury, workers’ compensation, and wrongful death claims. She can be reached at 815-895-2131 or mkomes@turnersackett.com.

Q & A With Judge Elizabeth Rochford

BY ERIN M. WILSON

Honorable Judge Elizabeth Rochford is currently an associate judge in probate court of the Nineteenth Judicial Circuit, Lake County. Judge Rochford is now running for a seat on the Illinois Supreme Court, and I was lucky enough to have her answer questions to learn more about her campaign, ambitions, and passion for her role as a judge.

1. What inspired you to become a lawyer and what area of the law were you originally interested in?

A variety of factors influenced my decision to study law including: the model of women attorneys and judges I admired, the enthusiastic encouragement of my parents, and my observation that lawyers had the ability to have a powerful positive impact in the community.

I did not have a predisposition to a particular area of law. Throughout my professional life, I have been open to studying and exploring new areas. Over the course of my career, when opportunities presented in: personal injury, criminal, government, municipal, probate, real estate, and family law, I eagerly seized each, and have enjoyed and been challenged by each

area of experience.

2. What led you to be interested in becoming a circuit court judge, and to others interested, what advice could you offer?

For 23 years, I served as a commissioner of the court of claims, hearing trials and writing opinions on civil suits filed against the state of Illinois. I demonstrated aptitude for the management of a court docket, and administration of cases from filing, to trial, to ruling, and I enjoyed the work. I also served as a hearing officer for four local municipalities. Both of those opportunities provided a chance to perform “judge-like” work. Applying for judicial appointment seemed to follow naturally from those experiences.

It is not novel advice, but continues to prove true: Get involved in bar associations (there are so many great groups to join), build relationships with colleagues you respect, and seek opportunities in service that are genuinely matched to your own passions.

3. Now that you have made the amazing decision to campaign for the

Illinois Supreme Court, what do you see as your greatest strengths that you bring to the bench?

My greatest assets are the depth and broad scope of my legal, judicial, and leadership experience, as well as my proven and long-standing commitment to providing access to justice for all people, and my personal strengths of self-examination, openness, and innovation.

4. What challenges do you believe you will face in this endeavor?

I recognize that candidacy for the Illinois Supreme Court is a lofty aspiration, and I have been cautioned that the path ahead will be treacherous, but I stand armed with experience and humility gained through the course of my career, and I am up to the challenge.

Anecdotally, I hear that voters don’t care about judicial races, and that qualifications get lost in the hand-to-hand combat of modern campaigns, but I respectfully disagree. Qualifications DO matter. And voters DO care. It will be our job to enlighten the citizens of the communities of DeKalb, Kane, Kendall, Lake, and McHenry counties of the necessity of electing the most qualified

candidate to our highest court.

5. If given the opportunity to serve on the Illinois Supreme Court, how do you plan to advocate for access to justice?

Commitment to fulfilling the supreme court's mandate for access to justice has been an enduring theme and personal passion of my legal, and judicial career. I have the unique perspective of serving on several AOIC Access to Justice committees where we chart the course of policy and provide guidance for courthouses across the state. At the same time, I have been actively involved in translating the supreme court's mandate into practical reality in our local courthouse. Through self-examination and by taking a "walk in a litigant's shoes" many stumbling blocks were exposed. We have used those experiences to streamline and simplify processes and procedures within our court, the improvements have been dramatic. But there is so much more to be done. It would

be a privilege to have the opportunity to share the expertise and knowledge gained in the local trial courtroom and at the state level to continue to advance the strategic agenda of the Illinois Supreme Court and fulfill its vision for courts "to be trusted and open to all by being fair, innovative, diverse, and responsive to changing needs."

6. What do you wish to be your legal legacy?

Hard to answer about myself. But, if I must, then perhaps that my efforts to achieve true justice and equity for ALL Illinoisans was genuine, and that through our united commitment, we (hopefully) achieved some measure of progress.

7. How can WATL help support you in your campaign?

More than a decade ago, I was attending an ISBA committee meeting and trying to maintain focus, but was distracted by spirited conversation and joyful laughter from the

participants of another meeting down the hall. Upon inquiry I discovered that it was a WATL meeting that had been drawing my attention. I wanted in!

Apparently wishes do come true, because I later had the pleasure to serve as a Board of Governors liaison to the ISBA's WATL Standing Committee, and it was among the most satisfying and inspiring bar experiences of my life. To the supportive, smart, joyful, committed, generous, capable and fun women gathered to advance the rule of law and to eliminate inequities, I say this: just keep doing exactly what you do, you provide me with model, inspiration and strength every day, and I am so grateful for your support and friendship. ■

Erin M. Wilson is the owner of The Law Office of Erin M. Wilson LLC, offering services in litigation, mediation, parenting coordination, and as a child representative & GAL. Erin is the secretary of WATL and a member of ISBA's Child Law Section.

Ways to Stay Healthy as a Busy Lawyer

BY ERIN M. WILSON

When you hear the word "healthy," the first things that probably come to your mind are exercising and eating right. Sure, those are two essential factors to looking and feeling your best, but there's so much more that contributes to living a healthy lifestyle. Here's a list of tips and tricks to squeeze some more "health" into your busy daily life as a lawyer.

1. Exercise

Yes, you probably saw this coming, the most obvious component of living a healthy lifestyle—exercise. As a busy lawyer, it's hard to find time to squeeze time for exercise into an already jammed-packed schedule. The good news is, you don't have to exercise for hours on end, or even leave your house, to benefit your health! Health professionals recommend 30 minutes of moderate physical activity daily, and even the busiest of people can manage that.

There are tons of live and pre-recorded

virtual workout class options available these days, like Altered Ego Fitness, which allow you to get your 30 minutes of exercise in without even having to leave the comfort of your own home. I have done this religiously since the pandemic started—the time is carved out in my calendar each day. In addition to the convenience of working out at home that these videos provide, they also offer a variety of workout styles so you never get bored of the same old workout routine. Plus, and maybe even the best part of home workout videos, you never have to think or plan ahead to create a workout regimen, instead you just get to follow the lead of the trained professional



Author Erin M. Wilson's son, Brecken, working out. coaches.

Of course, there's always the conventional route of having a membership at a regular gym to get your daily exercise. For those who have children but would like to utilize a gym, look for a local gym that has childcare

onsite. Another amenity to consider when looking for a gym is whether it has a full locker room/bathroom with showers and dedicated space to get ready. If you need to jet off to the office straight from your workout, it's essential that the gym has accommodations for you to get ready for the day before heading into work.

Lastly, taking a 30-minute walk around the neighborhood is always a great way to get your body moving and requires no equipment or facility at all!

2. Eating Right

As a busy lawyer working long, tiring hours, the last thing one wants to do is stand in the kitchen and make dinner. Even worse, face the ever-dreaded grocery store after a long day at work AND THEN have to get home and cook the food you just bought. It's easy to opt for the convenient choices like take-out or Uber Eats, but those aren't always the healthiest for us—or our wallets!

For those with crazy busy schedules, it may be a good idea to look into a meal delivery service like Hello Fresh or Blue Apron. Subscribing to a meal delivery service takes the pain of enduring the grocery store out of the picture and makes the process of preparing a meal pretty much non-existent. This alleviates the stress of coming up with meals for the week and then making them after work, off your plate.

Now, if you enjoy the experience of cooking your own meals, but struggle to find the time to shop for the ingredients, it's time to set a scheduled grocery trip day! Kind of like the oh-so-popular concept of meal prepping, it's a good idea to dedicate one day of the week to getting all of your groceries for the coming days so you're only making one trip each week. Another great option is to download an app like Instacart, to sign up for grocery delivery service. This is a huge time saver, and so convenient as you get to choose the best time for your selected groceries to be delivered right to your door.

On first thought, eating healthy may not seem like the easiest lifestyle choice, but by implementing one of the tricks above, you can say goodbye to take-out and Uber Eats in no time.

3. Taking Breaks

Aside from the physical aspect of living a healthy life, it's important to take time to nourish your mental health as well. When you're working long hours and your brain is constantly on overdrive, you're bound to reach a point of burnout. There are a few daily practices that can help prevent burnout. I can't say that this is where I thrive, but hopefully you can do better.

First, you should set healthy boundaries to create a solid work/life balance. For example, putting a hard stop on work for the day like turning your computer and email notifications off at a specific time each day. If you don't want to limit your email access during the week, maybe a better fit would be to set the boundary that you will not reply to emails on weekends and will only check the email at certain times on the weekends. Setting boundaries is highly dependent on your personal preferences and may take some trial and error. The bottom line is, it's crucial to set boundaries to keep a balance between your work and personal lives, as too much of one or the other is harmful in more ways than one.

Second, which goes hand in hand with the first, spend time with friends and family! Constantly being surrounded by legal professionals and talking about law-related topics is great, but don't forget about your loved ones outside the legal bubble. Make it a point to stay connected with friends and family on a regular basis to give your brain and body a break to relax and have light conversations. Spending time with people outside of the legal bubble is also a great chance to network in different areas, so it's a double bonus for both your personal and professional lives! Maybe the best part about socializing is the fact we're on our way out of this COVID pandemic, and can go back to some normalcy of meeting friends and family for drinks, dinner, you name it! Take advantage of the return to normal, and enjoy yourself surrounded by people you love.

Last, but surely not least, sleep! This may seem like the last item on the priority list most days, but sleep is essential for our brains and bodies to function properly. Put your computer and phone away at an hour of the night that gives you plenty of time to

get a full 7-8 hours of sleep a night. ■

Erin M. Wilson is the owner of The Law Office of Erin M. Wilson LLC, offering services in litigation, mediation, parenting coordination and as a child representative & GAL. Erin is the secretary of WATL, a member of ISBA's Child Law Section, and involved in many other associations. Erin lives on the northside of the city with her husband, also a family law attorney, and daughter Ava (7) and son Brecken (5). Brecken and Erin work out with Altered Ego Fitness every morning together.

Work/Life Balance Playlist

- 9 to 5—Dolly Parton
- Run, by Jill Scott;
- This Girl is on Fire, by Alicia Keys.
- Angels—Richard Smallwood & Vision
- Joy and Pain—Frankie Beverly and Maze
- New Attitude—Patti LaBelle
- I'm not your Superwoman—Karen White
- Girls Just Wanna Have Fun—Cyndi Lauper



Work/Life Balance

C Z O E P X Q X M O E Y W G T B L C Z C Q D E I T H E B S N Z Y E D G
S A F E T Y P I N S X A L V S N W L L F S Q E Q Z T Z S U S O N H U Z
F D E F L S H F B E K S S D A F Q O S L P D K M A F E X P S O N T D D
R L T F G H P D F O Y Q M X F X I C A C Q J I T E R W D J H U A A Z J
S P B O J S N O C N P S Q E K C T K O L A V I A T A E C P E D H E S I
R Z M C Y Y E C O P X Z Q K A T P V U K F D Q S D R N L Q A B P R W F
D I N N E R H G F H S E I R E C O R G D E U F H R N L I Y O E V B E Y
E W U F W I F D I I W X B D R E W F A M X I Y A F E A E N Y S C E K C
C G N W L C I Q M O L F A W B C M I J A S C N Q C V Y B L G A C M I U
J H W D A O L L Q D K F R L K N C G S T H D G R F D V K R O C F I O B
W V R G P T E Y E Z M D D Y E E T B V A S N E X M S A S Y R F W A C T
U E Q C J E S A Z W O B R J F R E N I L O S A G G T R E U B E J A M L
N P Z Q O M D C A W Q V Y Q M A J R D V S C L M F S W A T Y I W U Z U
O Q M O N L D I E P T W S I N H C X K I P W L Y L P T S R I R Q E U G
L L Q J I K K B A D I J C N K U S C I L I C O O G X V W Q C B T W B S
N I A N Z Z C R E T W P M W T S I U U G L J P U C Y Z T O Y A O M E E
M Y E H U T Y C Y D R A D V C L P D R A L T P I Y K Z U H L Y G C M H
H U T S I T N E D T T I M E P I L O P D S Z T I O G E L G G U J I U F
W G A W S S S L H Z Q I C W E T D N A W D W K M D S Q X M M L V Y Y N
R M B P R R R Y H H D R M I H W P V Q E Q Q K Y X H D H D R B G V K C
M S W Z U I P G T G Y A A E A Z H S V Y M Z I J Y B G K O H S E R S N
N B C N S X K W S V G R R I T N W O L F R E V O R C V Y Y C B N G S R
U F M L J I K I N P N N O I W L O D V I U X Y U H B K M R V Q L D P V
G H H Y A B C Q S E O U A T V V B B T L B Z R M M R I E Q O A C T X I
D E M A N D I N G R Z O D L Q A T D S V X M R K Q K W C O V O Q I I K
S E L K N I R W B L W P J L Q L R O A H K U R W A D B C E N J T J O B
Q B W Q S A Y T A I A K J E M S B E N K O R E F R G T K K Y X F E B N
S U X M R S E Q M N E U M I Y G L Z E C H Z Y I P J A O M L M O B G B
E M F G T T J G G E B W X Y R D A N Z Z E B V Y F M U O Q P M L G Y K
R H I L F H T S D X V L K X R A U I X X W E C O T T T E U M Z B S N Z
X J E L G V Q Q W N J D N M U Z N B U O R F D Q H X I K W H I Z O X G
P W N Y E U I P I Q B T G Y H P D Q D A B N L W J N Y Y V Q L D I Y Q
S G N H D W A Q S H A J V V A P R C T Q P L E X H A U S T I O N U U O
H S A B Z K I U H V R C E C V O Y D C A F Q T O L Q N E K R F M U T W
W X U T W F V C S I Z G P C Q R E V E W L J R A R C D V T H Z Z S S W

Band-aids
Breathe
Children
Coffee
Demanding
Dinner
Files
Haircut
Late
Obgyn
Pediatrician
Safetypins
Smile
Time

Bedtime
Briefcase
Clock
Conkout
Demeaning
Errands
Gasoline
Hurry
Laundry
Oops
Relax
Screwdriver
Spills
Whoops

Breakfast
Cellphone
Clock
Deadline
Dentist
Exhaustion
Groceries
Juggle
Meditate
Overflow
Rush
Sleep
Stress
Wrinkles

The answer key is included in the digital version on the ISBA website.