

# YOUR WELLNESS MATTERS

*Taking Care Of Yourself Should Be A Priority*



Family law can be highly stressful, emotional, and even physically draining. What makes family law unique is the close personal connection to everyone involved in your legal case. You may be asked to make decisions that deeply impact the people you care about most such as children, extended family and close friends.

Going through a family law matter is unlike anything you have done before. Practicing self-care can help you manage your stress and remain focused. Getting a satisfactory outcome in your case often requires effort, planning and thoughtful help from others!

## EMOTIONAL WELLNESS

Family law is stressful and your mental health can plan an important roll in your decisions.

Get out and participate in your regular activities, listen to podcast, play with your pet, go for a walk and do things that engage all of your senses.

## PHYSICAL WELLNESS

Don't be that person who shows up at a meeting or court hearing tired, angry and with a foggy mind!

A difficult family law case is not the time to stop going to the gym or participating in events with family and friends.

Exercise, adequate sleep and proper nutrition will serve you well in your family law case!

## FINANCIAL WELLNESS

It is easy to let financial health take a back seat during a difficult family law matter. But in fact, it is a critical time to pay attention to your financial wellness. We have an entire section dedicated to finances during a family law case!

This information sheet is intended to provide only general information about this subject. It is not a complete source of information on this topic and should not be used as specific legal advice for an individual case or situation. Your InFocus Family Law attorney will advise you throughout your matter as to the specific legal requirements and deadlines that you must meet for your particular matter.

## MENTAL HEALTH

Your mental health is absolutely critical during a difficult family law case. Making good decisions requires that you have a clear head and a set of thoughtful goals to accomplish.

## COUNSELING

We often say that the single best initiative a person can take during a difficult family law case is counseling. This sets the foundation for making good decisions for your future!

Here are some reasons to consider counseling:

- Be Empowered and Supported;
- Reduce Stress;
- Learn Strategies to Communicate With Difficult People;
- Developing and strengthening family relationships;
- Learn Strategies To Help Children Thrive.

An experienced counselor or mental health professional, familiar with family law matters can be the needed friendly face to help you make great choices for your future!

## DEVELOPING AND STRENGTHENING FAMILY RELATIONSHIPS

Family law cases can stress relationships with those that matter. You sometimes have to fight hard to build and grow relationships that you value.

A counselor is trained to show you how to create a foundation for a bright future!

Pursue Happiness™ is a program from InFocus Family Law Firm designed to assist you in making the best use of family law legal services.

**PURSUE**  
**HAPPINESS**

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