



## A LAWYER'S GUIDE TO SURVIVING THE CORONAVIRUS

In preparing this month's newsletter cover article, I ditched what I had originally planned and opted instead to focus on the topic of the day — the coronavirus pandemic. I was very hesitant to do this — to the point of fighting with myself. I was reluctant because I am sick and tired of reading content about the coronavirus. But I ended up giving in to offer you my personal perspective on how this entire situation presents you with opportunities to better yourself. So with that in mind, **here are my top five tips for surviving the coronavirus.**

**Establish new routines.** Working from home, dining in as opposed to out, not traveling, not preparing school lunches, and meeting virtually through Zoom are just a few of the ways our normal routines have been altered. For me, it took at least a couple of weeks to adjust. In some ways, I responded surprisingly well. In other ways, I did not. Thanks in large part to a lawyer time management program I happen to be going through right now, I finally said, "Enough is enough."



I recommitted to meticulously planning my days with purpose. This has resulted in a new routine for me that is paying dividends. I have more energy, and I do not go to bed at night feeling like I wasted any time. In fact, I would go so far as to say I am more productive than before the coronavirus lockdown. I encourage you to wipe the slate



clean and start fresh with new routines. Think hard about your "perfect day" and what it would look like. Then, put your routine down on paper and live by it. Do not be a rudderless boat floating through the coronavirus days with no direction.

**Tend to the neglected corners of your life.** When you think about how you use your time, I also encourage you to build activities into your routine that promote your values, passions, talents, and life purpose. Whether it is an unfinished home project, a dormant hobby, a nagging disappointment in your commitment to physical fitness, or a book you have been meaning to read, we all have neglected areas of our life.

Do not be so hard on yourself. These neglected areas have not been lost. They just got kicked to the end of the line by the rat race we were living. But now you have a great opportunity to breathe life into them

again. Think of those times when you have said what you would do if you just had the time to do it. You now have some more time and are establishing new routines. Commit to tackling some of these issues now and make the most of an unfortunate situation.

**Place spring flowers on a family member's gravesite.**

One place you can go where social distancing is the norm is a cemetery, a forgotten place we modern folks do not frequent as much as our forebears. Use this time to visit a cemetery where a loved one is buried. Stand there quietly, close your eyes, and meditate. While you do, focus on your loved one's life and memory. Think about the impact they had on you. You will swallow hard and cry. But I promise you will also be



*Continued on Page 2 ...*



## THE BENEFITS OF MINIMALISM

### A PERFECT LIFESTYLE FOR SENIORS



As we get older, we tend to hang on to mementos that brought some type of meaning to our lives, even after time has diminished their value. Though we may be emotionally attached, this clutter can eventually overwhelm us, especially as seniors. If you find yourself drowning in items you no longer need or want, consider a minimalist lifestyle to free up your space — and your mind.

### MINIMALISM

Before taking on a minimalist lifestyle, it's important to understand what it entails. When someone hears the word "minimalism," they might think it means getting rid of their possessions one by one, but that's not entirely true. Instead, minimalist living focuses on having less clutter in our lives but still keeping the things we truly value and enjoy. The idea is to get rid of things we no longer use or need.

### MINIMALIST LIVING

To embark on a minimalist lifestyle, focus more on the present and consider the value your personal belongings have in your life now. Sorting through hundreds of items with thousands of memories is a daunting task, so it is best to start by removing things that might not require emotional or physical strain, like old magazines, broken items, or clutter in the junk drawer. Once you've taken this first step, move on to something bigger. Soon, you'll find yourself making steady and rewarding progress throughout the rest of your home.

In the process, pay attention to what you want to keep. Carefully select which objects mean the most to you and which ones are still useful. These are the belongings you should surround yourself with.

### THE BENEFIT OF MINIMALISM

Minimalism will help you feel more comfortable in your home and open up other possibilities. You will have more room to invite guests and family over, and you'll have a sense of space and freedom. Additionally, this lifestyle can also help with your finances. You'll be less tempted to buy what you don't need, and you may even rearrange spending priorities or downsize your living space (less rent!). If you surround yourself with meaningful and useful items, you will feel more at peace.

Ultimately, minimalism encourages us to free ourselves from the many things that own us as much as we own them. Don't allow accumulated objects to clutter up your home and life. Take the leap and start living a carefree, minimalist lifestyle.

... CONTINUED FROM COVER

uplifted. You will smile. You will have perspective and wisdom, which is exactly what people need today. If the loved one whose grave you are visiting gave their life in service of their country, doing this in connection with Memorial Day would be even more impactful.

**Break the clickbait addiction (and any other habits holding you back).** While our passions were neglected during the rat race, we allowed bad habits to creep into their place. Unfortunately, I get the sense that those bad habits have been exacerbated, not managed, during the stress of the coronavirus. According to Newsweek, alcohol sales in the U.S. rose 55% in just one week in March. To be sure, some of that reflected stockpiling. But I have the sense that consumption has also risen and that those stockpiles are being rapidly depleted!

I have also gotten the sense that people are spending a ton more time than usual on social media and so-called news sites during the day. If you want to waste a ton of time just sitting there marinating in clickbait, that is your business. In my mind, that is like sitting in McDonald's all day eating one Big Mac after another. It is not healthy for your brain. Moreover, you are blowing a huge opportunity to get something accomplished with your time that, ordinarily, you would have had no time to do. So use this time to break your addiction to clickbait and any other bad habits that are holding you back from achieving your potential.

**Experience gratitude.** So much has been written, and so much research has been done, on the positive effects of experiencing gratitude in your life. Consider beginning and ending each day by getting in touch with all that is good in your life and in the lives of those around you. Especially during times like these, so much room exists for the perspective that gratitude gives. One popular way to do this is using a tool like "The Five-Minute Journal: A Happier You in 5 Minutes a Day," available on Amazon.

Well, there you have it — five of my personal suggestions for surviving the coronavirus. I'm sure you've got some great ideas as well and, if you do, please email them to me at [KevinMottley@MottleyLawFirm.com](mailto:KevinMottley@MottleyLawFirm.com).

*—Kevin Mottley*





# GIVE BACK THIS MEMORIAL DAY

HOW ARE YOU THINKING OUR LOCAL SERVICE MEMBERS?

On Memorial Day there is usually an assortment of local celebrations to remember those who have sacrificed so much for our country. However, due to COVID-19, many of those celebrations are being postponed for our safety. Unfortunately, this leaves veterans, soldiers, and their families on their own handle the challenges they face every day. So we want to highlight some of the ways you can still celebrate and show your appreciation while we're all homebound.

## SHARE FAMILY EXPERIENCES

If you or a loved one has served, share those experiences with your children. It's easy for kids to be desensitized by the number of people who fought and their personal accounts as recorded in school textbooks. Educating your kids, nieces, nephews, and grandkids about what serving means to you and what it's like teaches them why the holiday is so important in our country.

## DONATE TO VA HOSPITALS

Right now, veterans hospitals need your help now more than ever. While it's not the best time to donate physical items, financial donations still go a long way. Go to [www.Volunteer.VA.gov](http://www.Volunteer.VA.gov) to donate directly to your local VA hospital to ensure you're helping your community. On the "Volunteer or Donate Now" page, select the state and facility you want to help. From there, the site directs you to a billing form. With your contribution, your local VA hospital can order the supplies they desperately need to get through this stressful time.

## SAY 'THANK YOU'

On Memorial Day, these two words — thank you — mean everything to our veterans and their families. You can also send thank-you letters to those who are serving overseas. If you don't have any loved ones serving,



THANK YOU,  
VETERANS

A Million Thanks provides a way for civilians to send letters to soldiers.

Are there any ways you like to give back on Memorial Day? Let us know next time we chat because we're always looking for ways to celebrate and give back during this unique period we're in.

## SUDOKU

2		4			9	8	1	5
7	1			5	6	9	3	
5			8					
8	4	2			5	3	9	7
							8	4
		3			8	2		
3	2	7	1	9	4	5	6	
		6	5	8	2		4	3
	8	5	7	6	3	1	2	9

## SOLUTION

6	2	1	3	7	5	8	4	9
4	8	7	6	9	3	2	5	1
3	4	7	2	8	5	6	1	9
8	5	9	4	1	7	2	3	6
1	9	5	8	4	6	3	7	2
7	3	2	9	5	1	4	8	6
4	6	8	3	2	7	5	1	9
9	7	6	5	3	1	8	2	4
2	1	4	8	6	9	3	7	5



## GRILLED PRIME RIB

Who says the cookout has to ruin your diet? Try this paleo-friendly recipe for a main dish that's worthy of your next barbecue.

## INGREDIENTS

- 1 1/2 lbs beef rib roast
- 1 tsp Himalayan salt
- 1/2 tsp black pepper

## DIRECTIONS

1. Take rib roast out of the refrigerator 30 minutes prior to grilling.
2. Season roast with salt and pepper and allow it to rest for 10 minutes while you heat a gas grill to 600 F.
3. Sear roast for 3–4 minutes on each side.
4. Turn off the grill but continue cooking the steak, flipping every 4–5 minutes, until it reaches an internal temperature of 125 F. Remove from grill.
5. Allow the roast to rest — its internal temperature will continue to climb — for 5–10 minutes. Slice and serve.



# The Mottley Law Firm

1700 Bayberry Court, Suite 203  
Richmond, Virginia 23226

PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

## INSIDE THIS ISSUE

[www.MottleyLawFirm.com](http://www.MottleyLawFirm.com) | (804) 823-2011

- 1 A Lawyer's Guide to Surviving the Coronavirus
- 2 Minimalist Living for Seniors
- 3 Give Back This Memorial Day Grilled Prime Rib
- 4 How to Avoid Allergies This Spring

## TACKLE ALLERGIES THIS SPRING

### WITH THESE 3 STRATEGIES

Spring has officially sprung. Grass is growing, flowers are blooming, and longer days are here again. And while the arrival of spring is a cause for celebration, for outdoor enthusiasts who suffer from seasonal allergies, the season is bittersweet. For many, this time of the year is characterized by stuffy noses, burning eyes, and sneezing. But according to WebMD, even severe allergy sufferers can enjoy the outdoors without worrying about allergies by taking the following precautions.

#### WATCH POLLEN COUNTS.

You can usually find information about local pollen levels on the internet or in your local newspaper. If pollen counts are through the roof, consider working out inside instead of running outside.

In general, pollen counts are highest on warm and breezy mornings and lowest when it is cool and rainy. Plan your outdoor pursuits accordingly.

#### CHANGE IMMEDIATELY AFTER SPENDING TIME OUTDOORS.

If you suffer from seasonal allergies but still love to exercise outdoors, build a habit of showering and changing immediately after coming back inside. While you were out crushing that 30-mile bike ride, pollen was slowly accumulating in your hair and on your clothes. And while 30 minutes of outdoor exercise will, according to WebMD, completely coat your nasal membrane with allergens, showering and laundering your clothing will limit your exposure while indoors.

#### MEDICATE, MEDICATE, MEDICATE.

Depending on the severity of your allergies, medication, not prevention, will likely provide the best relief available. Every person is different, so ask your doctor about the best medicine for you, and make sure you understand how you're supposed to use it before dismissing its efficacy. Some allergy medicines can take as long as three weeks to reach their full effectiveness.

