

PERSONAL INJURY POST

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Fighting Stress and Procrastination?

You're Not Alone — My Thoughts on National Stress Awareness Day

National Stress Awareness Day is Nov. 3, and while I don't think any of our readers need to be more aware of stress, I think it's always healthy to remind ourselves that stress is best enjoyed in small doses.

Stress can push us to meet a tough deadline, make a much-needed quick decision, or even fuel us with determination despite adversity. In life, however, stress can come from many different sources, and it can cause or worsen health problems like high blood pressure, heart disease, diabetes, depression, or anxiety. .

I can't pretend to be a stress expert, but there are a few ways I try to work around this and make a conscious effort to unwind and reduce stress, both for my physical and mental health.

As you may know, unlike its depictions on "Law & Order" (or any other legal drama on TV), being a lawyer isn't a very action-packed job. It probably won't surprise you that Hollywood likes to make things much more exciting than they are. In truth, this job requires a ton of paperwork, lots of reading, and countless routine phone calls; it is much less about shouting "Objection!" and much more about juggling deadlines.

See, deadlines usually "solve" the problem of knowing when to get certain work done. But they don't always play nice. This job requires you to stay on top of a lot of different things at once. It can get overwhelming, and if you're not careful, you'll find yourself with a week of late nights trying to finish everything on time.

Unfortunately, these sorts of weeks aren't uncommon, and they can take a toll on your mental and physical health. To combat this, I've found some general strategies that help me stay on track of whatever tasks I've got for any given week.

When Monday arrives, I try to plan out everything that must get done by Friday. Sometimes, I've found that "big picture" goals can be daunting, and it can make tasks seem more intimidating than they actually are. To combat this, I convert my weekly goals into daily goals, and then I set "micro goals" throughout the day. For example, if I have a brief due by the end of the day, I'll break it into pieces and set "rewards" for hitting each micro goal. Complete an outline by 10:00 a.m. Coffee break. Rough draft by 12:00. Go out to eat for lunch. It may seem silly, but I've found that it works to keep me engaged. There are days when sometimes you just have to put your head down and work. But, if you can introduce a little fun to the monotony, I think it makes a difference.

Stress doesn't just come from work, nor does it stay there. Our home lives have their own sets of responsibilities and stress. As such, I think it's important to find chores or activities that you enjoy doing, or that you can at least make more enjoyable for yourself. For me, that chore is cooking. I enjoy the "control" I have in the kitchen, the stability of following a recipe and getting the desired result. I also love cooking for others. (That's not to say the occasional recipe hasn't gone south, but I manage.)

Balancing everything in our lives is not easy, and I'm sure I'm not alone in admitting that there are times when I feel like I'm just treading water. There are weeks in which the daily routine never seems to change: go to work, go home, do chores, go to bed. It starts to feel like Groundhog Day, but only the first half of the movie; I'm not learning to play the piano or make ice sculptures unfortunately.

All jokes aside, it is important that we take care of ourselves. Find a way to carve out some time just for you. I am a big believer in getting time to spend with yourself. I wouldn't call myself anti-social — in fact, I'd say I'm very much the opposite. However, whenever I've felt that stress was becoming overwhelming, I find it important to give myself time to relax and heal. That might mean blocking off time in the day to read, go for a walk, or do other enjoyable activities. Time that you enjoy is not time wasted, especially these days.

The holiday season is officially arriving this month, and I know that alone can be stressful. You might feel pressured to overwork whether it be to hit a quota, earn a bonus, or just impress people with your "hustle." But if that comes at the expense of your well-being, it is not worth it.

For the sake of our collective physical and mental health, don't forget you're just as important, too.

Happy Thanksgiving, and take care of yourself, friends!

— Romeo Rendon

HAVE A LOW-STRESS HOLIDAY

3 TIPS FOR A MERRIER TIME



The holidays are right around the corner, and while many people can't wait to eat turkey and swap presents, others only see stress on the horizon. Especially for those hosting parties, between decorations, big dinners, excited kids, and visiting family, it can all feel overwhelming. If celebrations are happening at your house this year, here are three tips to lessen the strain and keep up the holiday cheer.

Recharge First

Ensure you're rested and recharged before the holidays by taking time to relax, getting enough sleep, and engaging in activities that make you feel good. When you're rushing to get everything done, it can be tempting to skip self-care routines, but that will cost you in the long run. Your daily exercise and other health activities keep you balanced and ready to face challenges head-on.

Get Started Early

Holidays always arrive faster than we expect, so begin preparing early. If shopping for presents is a pain point, don't wait until the last minute. Decorate earlier than you need to — or better yet, get the kids to do it for you. There's only so much cooking you can do ahead of time, but ensuring you have all of the equipment and nonperishable ingredients you need a few weeks in advance will reduce both your workload and anxiety.

Don't Expect Perfection

The sooner you let go of the idea of a "perfect" holiday, the sooner you'll be able to have a happy one. Face it: Something will go wrong. Whether it's an overcooked dish, a child throwing a temper tantrum, or your uncle talking politics at the dinner table, nothing will ever go just how you planned. So, embrace the imperfections.

Whether you're celebrating this year with a group of two or 20, holidays can be a stressful time — but they don't have to be. With these tips, your festivities may not be picture-perfect, but they will be a lot of fun.

4 MOST COMMON WRONGFUL DEATHS

Sudden deaths are tragic events in our lives. Although most families and friends would prefer to celebrate the legacy and life of a loved one when they pass, some deaths aren't as celebratory. Sometimes, loved ones can pass as a result of wrongful death.

When someone is lost as a result of suspicious circumstances, it is important for families to understand that there are legal avenues to help hold people responsible. In fact, there are several common causes of wrongful deaths that people need to keep in mind.

No. 1: Car Accidents

While some car accidents are unavoidable, there are plenty of car accidents that are absolutely preventable with proper driving habits. For example, when someone is killed as a result of drunk driving, the family may have legal grounds to file a wrongful death lawsuit against the responsible party.

Other examples of avoidable car accidents include distracted driving (such as texting), driving under the influence, reckless driving,

UBER INJURY — WHAT NOW?

Passenger, Driver, or Another Vehicle? Read This!

Ridesharing (such as Uber and Lyft), and the convenience of using an app to schedule a ride, has made ridesharing commonplace. But, because of this, there has been a staggering increase of rideshare accidents in Texas.

You may be wondering who is responsible for the accident, what happens if there is another person riding in the car with you, and who will be covering your medical bills. Let's talk about that.

How do ridesharing cases work?

When you order an Uber or Lyft, you are most likely unaware of what their insurance policy is and how it affects you in the case of an accident. Cabs, taxis, and buses have a different type of insurance that would protect you if you were hurt in an accident in one of those types of vehicles.

Uber and Lyft do provide some insurance coverage to their passengers, but it gets complicated when the driver of the Uber or Lyft

COMMON CAUSES FOR LARGE DEATH CASES

aggressive driving, and deaths that occur in construction zones. Make sure to read the police report after an accident to see if any of these reasons are mentioned as a contributing factor in an accident.

No. 2: Trucking Accidents

While some people may think that this is similar to a car accident, these frequently have different circumstances. Because trucks are so much larger than cars, every accident involving a commercial truck is severe. Most commercial truck drivers actually carry an insurance policy just for situations such as this.

No. 3: Medical Malpractice

When people are sick or injured, they rely on a highly trained physician to provide the

best medical care available. Nobody goes to the doctor expecting to wind up worse after the visit. Unfortunately, sometimes this happens, but you may be entitled to seek compensation.

No. 4. Defective Device Lawsuit

When a device fails to perform its intended function, and even causes the death of a loved one, don't wait to call an attorney to help you pursue your case and fight the company that inflicted this harm. We can help you investigate and fight your case.

If your family has suffered a loss due to wrongful death, contact Garcia & Ochoa for a free case consultation, and we will do everything we can to help you and your family receive some closure and justice.



is hurt or if there is another vehicle involved other than a rideshare company. You need to be aware that some insurance companies leave loopholes in their policies to get them out of responsibility for your claim.

Unfortunately, Uber and Lyft do not protect their drivers because those rideshare drivers are considered to be contract employees and are not legally required to have benefits or protections, which means that they may not even be able to apply for workers' compensation. That is why it is so important to have a competent attorney on your side while pursuing a case for a ridesharing accident — even if you're the passenger, driver, or in the other vehicle in the accident.

How can I avoid ruining my case?

If you have been involved and injured in a ridesharing accident, you will most likely be contacted right away by the liable party's insurance company. They will tell you that your cooperation will help your case resolve more quickly, but they won't tell you that — by your speaking to them — it will benefit them. Let your attorney take over all communication with the insurance company to avoid any reduction or elimination in compensation.

If you've been involved in a ridesharing accident, no matter if you're a driver, passenger, or in another vehicle involved, our experts at Garcia & Ochoa can help you!

BAKED CORNBREAD AND CHORIZO STUFFING

Inspired by FoodNetwork.com



INGREDIENTS

- 1 lb Mexican chorizo
- 1 white onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 3 garlic cloves, chopped
- 2 cups premade cornbread, crumbled
- 1/4 cup cilantro, chopped
- 1/2 cup chicken stock
- 1 tbsp unsalted butter, for greasing
- Cilantro, for garnish
- Cotija cheese, for garnish

DIRECTIONS

1. Preheat your oven to 350 F.
2. In a large skillet over medium heat, cook the chorizo for 5 minutes. Add the onion, carrot, celery, and garlic. Cook for 10 additional minutes. Stir in the cornbread and cilantro.
3. While stirring, slowly add the chicken stock. Stir until absorbed.
4. Butter a small casserole dish, then add the stuffing in an even layer. Bake for 20 minutes, garnish as desired, and serve!

BE INSPIRED

**"WHEN LIFE HANDS YOU A
DIFFICULT SITUATION WHERE
YOU FEEL UNDERVALUED
AND DISRESPECTED, BE BOLD
AND BRAVE ENOUGH TO
KNOW YOUR WORTH."**

—YAI VARGAS

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The First Thanksgiving

What Was on the Menu?

Every Thanksgiving, we gather with our families and friends and pig out. Turkey, cranberry sauce, and stuffing, oh my! But did the Pilgrims actually eat all the same foods we do today?

When we sit down at the Thanksgiving table, we are blessed with mashed potatoes, candied yams, green bean casserole, turkey, stuffing, and pumpkin pie. However, if we wanted to be historically accurate, we would need to change up that dinner spread a bit.

Historians know of a few foods on the table that Pilgrims and Wampanoags shared at Plymouth Colony in 1621. Wildfowl, corn (in grain form for porridge), and venison were sure to be served at the first Thanksgiving. Wild turkey was also a common and abundant food source but wasn't likely the main course as it is today. A few days before the first Thanksgiving, the colony's governor put four men in charge of hunting for birds for the feast, and they very likely returned with some turkey.

However, as far as mashed potatoes are concerned, in the early 1600s, most Europeans and the Wampanoag had no idea what a potato was. They weren't cultivated in North America until the 1700s. Likewise, cranberries were still very new to the Pilgrims, and they didn't yet use them for food — instead, they used them to make dyes for fabrics!

For dessert, pumpkin pie was not yet a thing either. Although the Pilgrims liked pumpkins, they didn't have the butter and wheat flour needed to make pie crust. Instead, they hollowed out the pumpkins (just like Halloween!) and filled them with milk and honey to make a custard and then roasted them.

Although our Thanksgiving meals have changed over the years, it still is a fantastic time to get together and celebrate. In the spirit of evolving traditions, don't be afraid to innovate to add your own personal traditional twist to the holiday as well!