

# COLLABORATIVE Practice Tips

A monthly bulletin from the CP Cal Practice Excellence Committee

The Practice Excellence Committee is pleased to offer tips to help you increase your Collaborative cases and achieve *practice excellence*.



Please send us your comments and questions! Email us at [info@cpcal.com](mailto:info@cpcal.com)

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## **Mindfulness for Collaborative Professionals 5 Ways to Find Calm in the Storm**

Why am I dedicating my professional life to working with people who are often at their most upset, confused, angry, anxious and stressed?

Do you know that frustration and anxiety are contagious?!

Good News! Small changes can make a BIG difference!

Here are 5 simple steps to regain your balance:

1. Notice: Notice when you're stressed. Take a moment to reflect and ask yourself, "What is the feeling I'm experiencing? What is causing this feeling?"
2. Breathe: Take 3 breaths, i.e. slow inhale with a slow and longer exhale (long exhales calm the nervous system). As you breathe, say to yourself, "I'm breathing in calm; I'm breathing out stress."
3. Remember your intentions: Before going into a meeting or session, pause and take a moment for yourself. Gary Friedman/Norman Fischer suggest touching the back of your chair to remind yourself of what your intention is for the meeting / session? for yourself?

4. Notice: Notice when you are ruminating, i.e. having thoughts that repeat over and over. When this happens, it's time to "change the channel." Refocus your attention on a sensation, i.e. the sounds around you, a body sensation, the feel of your hands on your computer, the view out your window, the smell of your coffee or tea.

5. Move: Preferably, go outside for a walk. Otherwise, stand up and stretch. Just move your body so that your mind can move back to a better place. Brain science studies tell us that looking at the patterns in nature restore the brain and provide a mental reset. Find a tree, a cloud, a plant, a flower, an animal and just watch. Find whatever works to change your focus and use it to restore your brain.

Here are a few daily practices that will help you remember the above emergency strategies. Many people find these practices happen more reliably first thing in the morning. Remember, small changes can make a BIG difference!

1. Decide to pay attention to one thing without distraction each day: i.e. the feel of the water in the shower; walking, hiking or running without a podcast or music in your ear; notice the feel of the air or the sun on your body; eat slowly and silently and observe your surrounding environment.

2. Experiment with self-reflective practices to see which might appeal to you, i.e. yoga, tai chi, meditation.

3. Express gratitude. It takes 21 days to make a habit. Consider the habit of paying attention every day to something you are grateful for. Make a list for when your brain needs a little push. [GreaterGood.Berkeley.edu](http://GreaterGood.Berkeley.edu)

4. Cultivate compassion for yourself and others. [Try Compassion Cultivation Training through Stanford University. CCare.stanford.edu](http://TryCompassionCultivationTrainingthroughStanfordUniversity.CCare.stanford.edu)

5. Consider other Mindfulness Based Stress Reduction classes in your area.



### **From the PEC:**

#### **Social Media is NOT Evil!**

Social media is a tool. And, like any tool humans get their hands on, it has a potential to be used for harm...and a potential to be used for good. Because the news cycle is fed by negativity, we've all heard the scary creepy stuff about Facebook. We don't hear the heartwarming stories about people whose lives have been changed for the better because of something they found out about from a friend on Facebook, or the just plain benign stories about people who are on Facebook and nothing much good or bad happens, it's just mildly fun to be sharing and connecting with friends.

There is no doubt that Facebook helps advertisers to find their potential customers in a cost-effective way. On the negative side, this can be super creepy. But...if you have something good to offer, something potentially life-changing in a positive way...isn't it GOOD that Facebook can offer this service? By advertising on Facebook directly to the people who most need your services, aren't you being the change you want to make in the world by using its algorithms for making people's lives better?

Just make a business page. And add an Event that's the recurring Divorce Options Class. Look carefully at your privacy settings and check every box. And let a little light shine out in the darkness.



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