



Health, Wellbeing and Mindfulness for Attorneys

By M. Craig Robertson

Robertson + Easterling
www.robertson.ms

In the fast-paced and demanding world of legal practice, the pursuit of justice often comes at a personal cost to attorneys. As legal professionals navigate through the complexities of the justice system, the toll on mental and physical health cannot be underestimated. The following identifies useful tools for attorneys in the office environment and to promote one's physical health and mental well-being.

Office Environment

Standing Desks. Standing desks offer a myriad of benefits that contribute to both physical well-being and productivity. One of the key advantages is the reduction of sedentary behavior, as standing encourages more movement throughout the day, which can help combat the adverse effects of prolonged sitting. Additionally, standing desks promote better posture, reducing the risk of musculoskeletal issues such as back and

neck pain. Improved circulation is another notable advantage, as standing facilitates better blood flow and may lead to increased energy levels and alertness. Moreover, users often report enhanced focus and productivity, attributing it to the increased engagement and movement associated with standing while working. Embracing a standing desk can thus contribute to a healthier and more vibrant work environment, supporting overall well-being and efficiency.

Uplift Desk: <https://www.upliftdesk.com/>
Tresanti Geller 47" Adjustable Height Desk: <https://www.costco.com/>

Ergonomic Chairs. Ergonomic chairs offer a host of benefits that prioritize comfort, health, and productivity in the workplace. These specialized chairs are designed to provide optimal support to the body, particularly the lumbar region, which helps maintain a natural and healthy posture. The adjustable features, such as

seat height, armrests, and lumbar support, allow users to customize the chair to their unique preferences, promoting comfort during extended periods of sitting. By reducing the strain on the spine and supporting proper alignment, ergonomic chairs can mitigate the risk of developing musculoskeletal issues such as back pain. Improved comfort and support also contribute to increased focus and productivity, as users are less likely to be distracted by discomfort or fatigue. Investing in ergonomic chairs is a proactive step towards creating a healthier and more conducive work environment, ultimately enhancing overall well-being and performance.

Herman Miller: <https://store.hermanmiller.com/>

Outdoor Space. Integrating outdoor spaces into the workplace offers a plethora of benefits that extend beyond the confines of traditional office settings. Exposure to natural light and fresh air has been linked to improved mood, increased energy levels, and enhanced overall well-being. Outdoor spaces provide employees with opportunities to take breaks, engage in physical activity, or simply unwind, fostering a healthier work-life balance. These environments also encourage collaboration and creativity, serving as informal meeting spaces that inspire innovative thinking. Moreover, exposure to nature has been associated with reduced stress and increased job satisfaction, contributing to a positive corporate culture. Incorporating outdoor spaces into the workplace not only promotes physical and mental health but also enhances employee morale and productivity, creating a more vibrant and holistic work environment.

Casual Dress. Embracing a casual dress code in the workplace fosters a more relaxed and comfortable atmosphere, allowing employees to express their

individuality and personal style. This, in turn, promotes a sense of inclusivity and a more laid-back work environment. Casual attire is often associated with increased morale and reduced stress levels, as employees feel less constrained by formal dress norms. Furthermore, a more relaxed dress code can enhance employee satisfaction and retention by creating a workplace culture that values authenticity and flexibility. Overall, the adoption of casual dress in the workplace not only contributes to a positive and diverse culture but also supports employee well-being and a more enjoyable work experience.

Lululemon: <https://shop.lululemon.com/>

Movement. Frequent movement in the workplace offers a range of advantages that contribute to both physical health and overall productivity. Incorporating regular breaks for movement, whether it's stretching, walking, or simple exercises, helps combat the negative effects of prolonged sitting. This proactive approach reduces the risk of musculoskeletal issues, improves flexibility, and enhances joint health. Additionally, frequent movement promotes better circulation, increasing blood flow to the brain and contributing to heightened alertness and cognitive function. Beyond the physical benefits, incorporating movement breaks fosters a more dynamic and interactive work environment, encouraging team collaboration and creativity. Employees who engage in regular movement often report reduced stress levels and increased job satisfaction, creating a positive atmosphere that supports both individual and collective well-being. Overall, prioritizing frequent movement in the workplace is a holistic strategy that not only improves physical health but also positively influences the overall work culture and employee performance.

Headsets. By providing a hands-free solution for communication, headsets allow users to maintain proper posture and reduce the strain on the neck and shoulders associated with holding traditional handsets. This can help mitigate the risk of musculoskeletal issues such as neck pain and stiffness. Additionally, headsets facilitate hands-free multitasking, enabling users to perform various tasks while on a call, promoting efficiency and productivity. With the elimination of the need to cradle a phone between the shoulder and ear, headsets contribute to a more ergonomic workspace, reducing the likelihood of repetitive strain injuries. Beyond the physical advantages, headsets can also enhance mental well-being by providing a private and focused communication experience, reducing ambient noise and distractions in the work environment. Overall, the health benefits of headsets extend beyond convenience, positively impacting both physical and mental aspects of the user's well-being.

Poly: <https://www.hp.com/gb-en/poly/headsets.html>

Pet Friendly. A pet-friendly policy in the workplace offers numerous health benefits for employees and employers alike. The presence of pets has been linked to stress reduction, lower blood pressure, and increased physical activity, as employees engage in breaks for walks and playtime. Furthermore, the emotional support provided by pets can positively impact mental health, fostering a more relaxed and positive work atmosphere. Pets can also enhance social interaction and reduce feelings of isolation among employees, contributing to a sense of community. The resulting improved job satisfaction and work-life balance, coupled with potential reductions in absenteeism, make a pet-friendly workplace an attractive perk for talent acquisition and retention. While acknowledging these advantages, it's

crucial to implement such policies thoughtfully, considering the needs of all employees, including those with allergies or fears of animals.

Mental Health

Knowing Yourself. Socrates' profound insight on the pursuit of wisdom, encapsulated in the maxim "know thyself," emphasizes the foundational importance of self-awareness in the journey toward true understanding. To Socrates, genuine wisdom involves not only an intellectual comprehension of external knowledge but, more critically, an intimate knowledge of one's own beliefs, biases, and limitations. By delving into the depths of one's own psyche, individuals can gain clarity on their values, motivations, and the inherent gaps in their understanding. This introspective journey acts as a transformative process, fostering humility and openness to continuous learning.

The Enneagram: <https://theliturigists.com/the-enneagram-episode-37-podcast-page/>

The VIA Institute on Character:

<https://www.viacharacter.org/>

The Birkman: <https://birkman.com/the-birkman-method>

Counseling. Talk therapy, or psychotherapy, provides significant mental health benefits by offering a confidential and supportive space for individuals to express and explore their thoughts and emotions. Through the therapeutic relationship with a trained professional, individuals can gain self-awareness, insight, and coping strategies to navigate life's challenges. This process fosters emotional healing, improves communication skills, and enhances overall mental resilience. For those dealing with mental health conditions, talk therapy has proven efficacy in reducing symptoms and improving overall well-being, making it a valuable tool for promoting mental health and personal growth.

LifeWorks: <https://lifeworks.ms/>
Cornerstone: <https://cornerstone.ms/>
The Shepherd Staff:
<https://theshepherdsstaffcounseling.com/>
Turning Point: <https://turningpointms.com/>
The Center for Hope and Healing: <https://chhms.org/>

Exercise. Regular exercise holds crucial health benefits for attorneys, who often face high levels of stress and sedentary work environments. Engaging in physical activity can help mitigate the impact of stress by reducing cortisol levels and promoting the release of endorphins, contributing to improved mood and mental well-being. Furthermore, regular exercise supports cardiovascular health, helps maintain a healthy weight, and reduces the risk of chronic conditions such as heart disease and diabetes. Given the sedentary nature of legal work, incorporating exercise into their routine can also enhance attorneys' energy levels, focus, and cognitive function, ultimately bolstering their ability to tackle complex tasks and sustain long work hours. Overall, regular physical activity not only safeguards attorneys against the health risks associated with their profession but also positively influences their mental resilience and overall productivity.

Sunlight. Sunshine provides several health benefits, primarily through the body's production of vitamin D upon exposure to sunlight. Vitamin D is crucial for the absorption of calcium, promoting strong and healthy bones. Adequate sunlight exposure has also been associated with improved mood and a reduced risk of conditions like seasonal affective disorder (SAD) and depression, owing to the release of serotonin, a neurotransmitter linked to mood regulation. Sunlight exposure can help regulate the circadian rhythm, enhancing sleep quality and overall well-being. Additionally, sunlight has antimicrobial properties, and UV rays can help in the synthesis of nitric oxide, which

contributes to cardiovascular health by regulating blood pressure. While moderation is essential to prevent skin damage, responsible exposure to sunlight remains integral for maintaining physical and mental health.

Meditation. Meditation offers a wide array of health benefits that extend to both the mind and body. Regular practice has been linked to reduced stress levels, as meditation encourages relaxation and the activation of the body's relaxation response. It can also lower cortisol levels, thereby mitigating the adverse effects of chronic stress. Meditation has been associated with improved emotional well-being, fostering a positive outlook, increased self-awareness, and a greater sense of calm. Additionally, mindfulness meditation has shown efficacy in reducing symptoms of anxiety and depression. From a physical perspective, meditation can contribute to lowered blood pressure, improved immune function, and better sleep quality. The cultivation of mindfulness through meditation enhances attention and concentration, supporting cognitive function and overall mental resilience. Incorporating meditation into a daily routine has holistic benefits, promoting both mental and physical health.

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life—

by Jon Kabat-Zinn PhD (Author) <https://a.co/d/hKzNTSt>

Headspace: <https://www.headspace.com/>

Calm: <https://business.calm.com/>

Insight Timer: <https://insighttimer.com/>

Jack Kornfield:

<https://jackkornfield.com/category/meditations/>

Breathing. Square breathing, also known as box breathing or four-square breathing, is a simple yet powerful mindfulness exercise with various health benefits. This controlled breathing technique involves inhaling, holding the breath, exhaling, and then holding the breath again, each for an equal count of seconds, typically four. Square breathing is renowned for its

stress-reducing effects, promoting relaxation and a sense of calm by engaging the body's parasympathetic nervous system. It helps regulate and deepen breath, which can, in turn, lower blood pressure and reduce anxiety. This technique is easily accessible and can be practiced anywhere, making it a valuable tool for individuals seeking quick and effective stress management. Regular practice of square breathing not only enhances emotional well-being but also contributes to improved focus, increased self-awareness, and a greater overall sense of balance and tranquility.

Square Breathing:

<https://youtu.be/tEmt1Znux58?si=rua1YUtgGzqG2P9t>

Sleep Hygiene. Sleep hygiene refers to a set of practices and habits that promote healthy and restful sleep. It involves maintaining a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends. Creating a conducive sleep environment is crucial, including a comfortable mattress and pillows, as well as minimizing noise and light. Limiting the intake of stimulants like caffeine and nicotine close to bedtime is essential, along with avoiding heavy meals and excessive liquids. Engaging in regular physical activity can aid in promoting better sleep, but it's advisable to avoid vigorous exercise close to bedtime. Establishing a relaxing pre-sleep routine, such as reading or practicing gentle stretches, signals the body that it's time to wind down. Adhering to these sleep hygiene practices can significantly improve the quality of sleep, enhance overall well-being, and contribute to better mental and physical health.

Whoop: <https://www.whoop.com/us/en/>

Sleep Number: <https://www.sleepnumber.com/>

Community. Engaging in a supportive community has numerous health benefits that contribute to both mental and physical well-being. Social connections within a community provide a sense of belonging, reducing feelings of loneliness and isolation. Strong social ties are associated with lower stress levels, improved emotional resilience, and a reduced risk of mental health issues such as depression and anxiety. Community involvement fosters a sense of purpose and meaning in life, contributing to overall life satisfaction. Additionally, a supportive community can act as a safety net during challenging times, providing practical assistance and emotional support. Social interactions within a community can also promote healthy behaviors and lifestyles, encouraging individuals to stay active, adopt positive habits, and seek preventive healthcare. Overall, the health benefits of community engagement underscore the importance of social connections in promoting a holistic and thriving well-being.

Spiritual Practices. Humans possess an inherent capacity for spirituality, a dimension of life that transcends the material and connects individuals to a broader sense of purpose and meaning. Scientific research suggests that engaging in spiritual practices, whether through religion, mindfulness, or a connection to nature, can have profound effects on brain resilience and robustness. Neurological studies indicate that activities such as prayer, meditation, or contemplation stimulate areas of the brain associated with emotional regulation, self-awareness, and empathy. The regular practice of spirituality has been linked to reduced stress, improved mental health, and enhanced cognitive function. Moreover, the sense of community often associated with spiritual practices provides social support, reinforcing overall well-being.

The intertwining of spirituality and brain resilience underscores the holistic nature of human existence, suggesting that nurturing our spiritual dimensions can contribute to mental and emotional fortitude, creating a foundation for a more resilient and fulfilling life.

The Awakened Brain: The New Science of Spirituality and Our Quest for an Inspired Life: <https://a.co/d/5A1r83>

Journaling. Journaling can have a positive impact on mental health in several ways. Firstly, it provides a structured outlet for expressing and processing emotions. By putting thoughts and feelings into words, individuals gain clarity on their experiences, facilitating a deeper understanding of themselves and their emotions. Journaling serves as a form of self-reflection, allowing individuals to identify patterns, triggers, and areas of growth. Moreover, it acts as a non-judgmental space to unload stressors, reducing the emotional burden. Consistent journaling can also promote a sense of control and agency over one's life, as individuals actively engage in the process of self-discovery and problem-solving. Additionally, it serves as a record of personal growth and positive experiences, fostering a more optimistic outlook. The act of journaling itself can be therapeutic, offering a moment of mindfulness and introspection. Overall, regular journaling is a valuable tool for enhancing self-awareness, managing stress, and promoting overall mental well-being.

The Artist's Way: 30th Anniversary Edition: <https://a.co/d/8ynbWSE>

Physical Health

Elimination Diet: The purpose of an elimination diet is to identify and eliminate foods that may be causing adverse reactions or symptoms in an individual. It involves systematically removing specific foods or food groups

from the diet for a period, typically several weeks, and then reintroducing them one at a time while closely monitoring for any changes in symptoms. This process helps individuals pinpoint potential food intolerances, sensitivities, or allergies that might be contributing to health issues such as digestive problems, skin conditions, headaches, or fatigue. Elimination diets are often used as a diagnostic tool under the guidance of healthcare professionals, including dietitians or allergists, to uncover the relationship between diet and symptoms. Once trigger foods are identified, individuals can make informed decisions about their dietary choices to alleviate symptoms and improve overall health.

Food as Medicine. The concept of "food as medicine" underscores the profound impact that our dietary choices can have on overall health and well-being. Nutrient-rich foods provide essential vitamins, minerals, antioxidants, and other bioactive compounds that support various bodily functions. These nutrients play crucial roles in maintaining optimal physiological processes, including immune function, metabolism, and cell repair. A well-balanced and wholesome diet can help prevent and manage various health conditions, such as cardiovascular disease, diabetes, and obesity. Specific foods are recognized for their potential therapeutic properties, acting as natural remedies for specific ailments. For instance, foods rich in omega-3 fatty acids, like fatty fish, have anti-inflammatory properties that benefit cardiovascular health. The emphasis on a diverse and colorful array of fruits, vegetables, whole grains, and lean proteins in one's diet reflects the idea that the nutritional value of food goes beyond mere sustenance, actively contributing to the body's resilience and ability to heal. In essence, making mindful and nutritious food choices is a

fundamental aspect of preventive healthcare and can be a powerful form of self-care and medicine.

AG1: <https://drinkag1.com>

Kelly Engelmann, FNP-BC:

<https://enhancedwellness.com/>

M. Jackie Williams, NP-C, MSN, MHS, ABAAH, FMNM:

<https://www.ih.life/>

Resistance Training. Resistance training, also known as strength or weight training, offers numerous benefits as individuals age. Firstly, it helps combat the natural decline in muscle mass and bone density that occurs with aging. This is crucial for maintaining strength, balance, and overall physical functionality, reducing the risk of falls and fractures. Resistance training also supports joint health by improving flexibility and promoting a better range of motion. Additionally, it aids in the preservation of metabolic rate, contributing to weight management and overall metabolic health. Resistance training has been linked to enhanced cognitive function, particularly when combined with aerobic exercise, potentially reducing the risk of cognitive decline as individuals age. Moreover, it plays a pivotal role in maintaining and building lean muscle mass, which is associated with improved insulin sensitivity and better management of chronic conditions like diabetes. Incorporating resistance training into one's routine as part of a well-rounded exercise program is a key component of healthy aging, promoting physical independence, longevity, and an overall higher quality of life.

Cardiovascular Training. Cardiovascular training, often referred to as cardio or aerobic exercise, provides a wide range of health benefits. Firstly, it strengthens the heart and improves cardiovascular health by increasing the efficiency of the heart's pumping action and enhancing blood circulation. Regular cardio exercise has been associated with lowered blood

pressure and improved cholesterol levels, reducing the risk of heart disease. Additionally, cardio training aids in weight management by burning calories and promoting fat loss. It contributes to improved lung function and respiratory capacity, enhancing the body's ability to take in and use oxygen. Regular cardio exercise is linked to better mood and reduced stress, as it prompts the release of endorphins, the body's natural mood lifters. It also supports better sleep patterns and can enhance cognitive function by promoting increased blood flow to the brain. Overall, engaging in regular cardio training is a key component of a healthy lifestyle, fostering physical fitness, mental well-being, and reducing the risk of various chronic conditions.

Cold Plunge. Cold plunges, or cold-water immersion, can offer several health benefits when incorporated into a wellness routine. Firstly, exposure to cold water can promote improved circulation as blood vessels constrict and then dilate, enhancing blood flow and potentially reducing inflammation. Cold plunges are often associated with muscle recovery, as the cold water can help alleviate muscle soreness and expedite the repair of microtears that occur during intense physical activity. The exposure to cold is also believed to stimulate the release of endorphins, contributing to a positive mood and reduced stress levels. Cold water immersion has been explored for its potential to boost the immune system and increase the production of brown fat, which can aid in weight management by burning calories to generate heat. However, it's important to note that individuals with certain medical conditions or cardiovascular issues should consult with a healthcare professional before incorporating cold plunges into their routine.

Plunge: <https://plunge.com/>

Sauna. Saunas offer a range of health benefits, contributing to both physical and mental well-being. Firstly, the heat in saunas induces sweating, which helps the body eliminate toxins and can promote clearer skin. Regular sauna use is associated with improved cardiovascular health, as it can lead to increased blood circulation and dilation of blood vessels, potentially lowering blood pressure. The heat and relaxation in a sauna can also help soothe sore muscles, reduce muscle tension, and alleviate joint pain, providing relief for individuals with certain musculoskeletal conditions. Saunas are known for promoting relaxation and stress reduction, as the heat induces the release of endorphins, contributing to an overall sense of well-being. Additionally, some studies suggest that regular sauna use may have positive effects on immune function. However, individuals with certain health conditions, such as cardiovascular issues, should consult with a healthcare professional before incorporating sauna sessions into their routine.

Sunray: <https://sunraysaunas.com/>

Steam. Steam rooms, like saunas, offer several health benefits that contribute to both physical and mental well-being. Firstly, the moist heat in steam rooms can help open up airways and alleviate respiratory congestion, making them beneficial for individuals with conditions such as asthma or sinusitis. The heat and humidity also induce sweating, which helps cleanse the skin and eliminate toxins. Steam rooms promote relaxation and stress reduction, similar to saunas, by prompting the release of endorphins. The warmth can soothe sore muscles, reduce joint stiffness, and may aid in muscle recovery after physical activity. Additionally, steam rooms are believed to enhance circulation, potentially benefiting cardiovascular health. Like any heat-based therapy, it's important for

individuals with certain health conditions, especially cardiovascular issues, to consult with a healthcare professional before using steam rooms regularly.

Hot Tub. Hot tubs, when used responsibly, can offer a variety of health benefits. The warm water and massaging jets can help soothe sore muscles, alleviate joint pain, and promote relaxation. The buoyancy of the water reduces the effects of gravity on the body, which can provide relief for individuals with conditions such as arthritis or back pain. Hot tubs may contribute to improved circulation, as the warm water causes blood vessels to dilate, potentially lowering blood pressure. The heat also induces sweating, which aids in the elimination of toxins and impurities from the skin. Additionally, the calming environment of a hot tub can help reduce stress and promote better sleep. However, individuals with certain health conditions, such as cardiovascular issues or pregnancy, should seek advice from a healthcare professional before using hot tubs, and it's essential to practice proper hygiene and maintenance to ensure a safe and sanitary experience.

Massage. Myofascial release offers a range of benefits for individuals seeking relief from musculoskeletal issues. This hands-on therapeutic technique involves applying sustained pressure to the myofascial connective tissue, releasing tension and promoting flexibility. One of the primary advantages is pain reduction, making it particularly valuable for those dealing with chronic pain conditions or recovering from injuries. Myofascial release can also contribute to improved range of motion and joint mobility, benefiting athletes and individuals with restricted movement. Beyond physical benefits, the therapy is known for stress reduction, fostering a sense of relaxation and well-being. Additionally, by

addressing imbalances in the fascia, myofascial release may help correct poor posture and enhance overall body alignment. Whether targeting trigger points or improving circulation, this technique provides a holistic approach to musculoskeletal wellness, with potential positive outcomes for various individuals seeking improved physical comfort and mobility.

Living Waters Massage Therapy Clinic:

<https://livingwatersmtc.com/>

Alisha Smith: (601-874- 4968)

<https://www.healthplexperformance.com/programs/group-x-fitness-demand/spinning-classes>

Normatec Boots:

<https://hyperice.com/products/normatec-3-legs/>

Chiropractic Care. Chiropractic care offers a holistic and non-invasive approach to health, providing a range of benefits such as pain relief, improved joint function, and enhanced nervous system function. Through precise adjustments, chiropractors aim to restore proper spinal alignment, reducing inflammation and promoting optimal communication between the nervous system and the body. Beyond addressing acute and chronic pain, chiropractic care often contributes to improved flexibility, better posture, and relief from headaches. It is recognized not only for its role in addressing existing musculoskeletal issues but also as a preventive measure to enhance overall wellness. While individual responses can vary, many individuals find chiropractic care to be a valuable component of their healthcare regimen, providing a natural and drug-free alternative for promoting physical comfort and optimal function.

Madison Chiropractic & Wellness:

<https://www.facebook.com/Madisonchiroandwellness/>

Hand and Foot Care. Manicures and pedicures offer more than just aesthetic enhancements; they encompass various health and well-being benefits. Regular nail care helps maintain the health of the

nails and surrounding skin, preventing issues like ingrown nails and fungal infections. The exfoliation and moisturization involved in these treatments promote soft and healthy skin, particularly on the hands and feet, combating dryness and calluses. Additionally, manicures and pedicures often include a relaxing massage, which not only alleviates stress but also enhances blood circulation. The meticulous care provided during these treatments can aid in early detection of potential nail and skin issues, contributing to overall hygiene. Beyond the physical advantages, the pampering nature of manicures and pedicures can uplift mood, foster a sense of self-care, and boost confidence, making them a holistic practice that addresses both beauty and well-being.

VIP Nails of Ridgeland: <https://vip-nails-ridgeland.edan.io/>

Yoga. Yoga offers a multitude of health benefits, encompassing physical, mental, and emotional well-being. From a physical perspective, regular yoga practice enhances flexibility, strength, and balance. The various postures and poses promote joint health and can alleviate chronic pain conditions. Yoga is also effective in improving cardiovascular health, reducing blood pressure, and enhancing respiratory function through controlled breathing techniques. On a mental and emotional level, yoga is renowned for its stress-relieving effects. Mindful breathing and meditation components of yoga help reduce cortisol levels, promoting relaxation and a calmer state of mind. Practice fosters mental clarity, concentration, and emotional resilience. Additionally, yoga encourages mindfulness and self-awareness, providing individuals with tools to manage anxiety and depression. Over time, consistent yoga practice contributes to an overall sense of inner peace.

Blog Articles by Craig Robertson

TriBathalon:

<https://robertson.ms/mississippi-family-law/tribathalon/>

The Silent Witness:

<https://robertson.ms/mississippi-family-law/silent-witness/>

Savasana:

<https://robertson.ms/mississippi-family-law/savasana/>

Temporal Landmarks:

<https://robertson.ms/mississippi-family-law/temporal-landmarks/>

What Really Happened:

<https://robertson.ms/mississippi-family-law/what-really-happened/>

A Radical Day of Extreme Self-Care (Part 1 and Part 2):

<https://robertson.ms/mississippi-family-law/a-full-day-of-self-care-part-1/> and <https://robertson.ms/mississippi-family-law/a-radical-day-of-extreme-self-care-part-2/>

The Robertson and Easterling Podcast

Adjusting Perspectives: Exploring Wellness with Dr. Ryan Miller

<https://robertson.ms/podcast/episode/64-adjusting-perspectives-exploring-wellness-with-dr-ryan-miller/>

Jody Schmelzer on Men's Groups: No Comfort in the Growth Zone

<https://robertson.ms/podcast/episode/62-jody-schmelzer-on-mens-groups-no-comfort-in-the-growth-zone/>

Healing Hands with Massage Therapist DeSheila Hughes

<https://robertson.ms/podcast/episode/60-healing-hands-with-massage-therapist-desheila-huges/>

Branden Henry: The Hungry Ghosts

<https://robertson.ms/podcast/episode/branden-henry-the-hungry-ghosts/>

Dea Dean: Intolerance for Negative Emotion in Other People

<https://robertson.ms/podcast/episode/dea-dean-intolerance-for-negative-emotion-in-other-people/>

The Birkman Method with Trey Carroll

<https://robertson.ms/podcast/episode/the-birkman-method-with-trey-carroll/>

A Radical Day of Extreme Self-Care

<https://robertson.ms/podcast/episode/craig-and-kelly-a-radical-day-of-extreme-self-care/>

Well-Being in the Legal Profession

https://www.americanbar.org/groups/lawyer_assistance/well-being-in-the-legal-profession/

The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys

https://journals.lww.com/journaladdictionmedicine/fulltext/2016/02000/the_prevalence_of_substance_use_and_other_mental.8.aspx

Well-Being Toolkit for Lawyers and Legal Employers

https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/l_s_colap_well-being_toolkit_for_lawyers_legal_employers.pdf



About Craig Robertson

Craig Robertson is the founder of Robertson + Easterling. For 25 years, he has practiced exclusively high net worth and complicated family law in Mississippi. Craig has been married to Rachel Poole since 1999. The couple has two daughters, Mollie Ann and Emma. He is interested in baseball, art, music, food, wine, travel and the outdoors.

The following are reported opinions in which Craig served as lead counsel:

- *In the Matter of the Guardianship of B.P.: Michael Prewitt, Jr. v. Patrick Thomas and Jennifer Thomas*, 2021-CA-01288-COA: Decided August 22, 2023
- *Crew v. Tillotson*, NO. 2017-CA-01011-COA Decided: August 20, 2019, *Jackson v. Jackson*, NO. 2017-CA-01077-COA Decided: March 19, 2019
- *Ferrara v. Ferrara*, NO. 2014-CA-01043-COA Decided: April 12, 2016

- *Korelitz v. Korelitz*, NO. 2015-CA-01758-COA Decided: May 09, 2017; *Seale v. Seale*, 150 So. 3d 987 (Miss. App. 2014)
- *Collins v. Collins*, 98 So. 3d 506 (Miss. App. 2012); *Carter v. Carter*, 98 So. 3d 1109 (Miss. App. 2012)
- *McDonald v. McDonald*, 39 So. 3d 868 (Miss. 2010)
- *G.B.W. v. E.R.W.*, 9 So. 3d 1200 (Miss. App. 2009)
- *Morris v. Morris*, 5 So. 3d 476 (Miss. App. 2008)
- *Daniels v. Bains*, 967 So. 2d 77 (Miss. App. 2007)
- *Thoms v. Thoms*, 928 So. 2d 852 (Miss. 2006)
- *Staggs v. Staggs*, 919 So. 2d 112 (Miss. App. 2005)

