

MLG BRIEFS

DECEMBER 2021



**MCCRAW
LAW GROUP**

SERIOUS INJURY ATTORNEYS

www.mccrawlawgroup.com

972.845.7743



CREATING NEW HEALTHY HABITS AFTER YOUR ACCIDENT

Let's face facts: An injury accident can really throw you off your game. You may experience mobility issues while you're recovering, possibly needing help with basic tasks like eating or dressing. If your injuries are permanent, you may have to adapt to a "new normal" with your daily life. It's quite common to experience depression and a lack of motivation during this time—to "let yourself go," if you will.

But if you give in to the temptation to "give up," it could actually make things worse for you in the long run. If you fall into bad health during this time, it can slow down your recovery at best—and cause more life-altering complications at worst. That's why it's important not only to focus on physical healing but also on restoring balance in other areas of life after a traumatic event such as this. So let's look at some practical ways to do this.

Establish a New Routine

Granted, your injuries might have changed the way you go

about your daily life—but that doesn't mean you can't set up new patterns for yourself. Part of establishing healthy habits means making them part of your everyday existence. Giving yourself a routine to follow each day will stop you from feeling "stuck" and give you a new sense of rhythm for your life. It will also make it much easier to stick to your newly formed healthy habits.

Eat Less Sugar and Refined Carbs

Good food helps your body heal—so start giving your body the tools it needs for recovery. Reduce your intake of processed food, refined carbs, and products with high sugar content. Focus on vegetables and healthy proteins. A licensed dietitian may be able to advise you on some specific foods to eat to promote healing. Feeding your body the right foods is one of the best things you can do to promote health and healing.

(Continued on next page) 

(Continued from page 1)

Rebuild Strength Safely with Strategic Exercise

Your exercise regimen will probably look different because of your physical injuries—but that doesn't mean you can't or shouldn't exercise. (If you didn't have an exercise plan before your accident, you should have one now!) A physical therapist is the best person to advise you on what types of exercises you can do to strengthen your muscles and improve your stamina without aggravating your injuries. Once you have a good exercise routine designed for your needs—practice it diligently. It will facilitate your physical healing as well as improve your mood.

Minimize “Doomscrolling”

A relatively new phenomenon in our world, “doomscrolling” is the habit of scrolling through your news and social media feeds and focusing on all the bad news you can find. Millions of people now suffer from this habit, and it's affecting the mental health even of those who are otherwise healthy. It certainly doesn't do you any favors when you're recovering from an injury. If you find yourself obsessing over the bad news and social media arguments, put your phone away for a while.

Take at Least 10 Minutes a Day for Self-Care

Your mental health is just as important to your recovery as your physical health. Give yourself the gift of self-care by setting aside time each day to relax and unwind. It will also help you “reset” yourself after a long day, allowing you to perform better on your routines for eating and exercising—and making it easier to stick with them. If you're struggling with anxiety or depression after your accident, and you find

that you're not coping well—develop some mindfulness techniques or talk with a therapist to process your feelings. Even a calm soak in the tub can help you hit the reset button.

Brighten One Person's Day

One of the best ways to regain perspective during difficult times is to turn our focus away from ourselves and toward others. Each day, look for a way to do a simple kindness to someone else. You'll be amazed at what this simple habit does to improve your own mood and attitude—and a positive outlook is key to rapid recovery.

Find Three Moments of Joy Each Day

The recovery process after an accident can be long, grueling, and difficult. It can become easy to lose perspective, especially on days where you're struggling to maintain your new habits. But there is still joy to be found in the moments of life, and finding those moments is key to helping you keep going through the tough times. At the end of each day, look back and identify three great things that happened to you that day. You'll be pleasantly surprised at how often those great moments show up when you start looking for them.

Bonus tip: *Find one thing that you truly love to do and add it to your daily routine. That way, you always have something to look forward to.*

If your injury accident was caused by someone else's negligence, you may be entitled to compensation to cover all aspects of your treatment and recovery process, as well as pain and suffering. The attorneys at the **McCraw Law Group** have extensive experience in helping clients receive the settlements they deserve. Contact us today for a free consultation to discuss your case.

Follow the McCraw Blog to learn about topics such as:

- Ways For Motorcyclists To Protect Themselves —
- Causes And Prevention Of Jackknife Truck Accidents —
- Tesla Autopilot Technology Causes More Distracted Drivers —
- Amazon Subcontractors Discouraging Safety? —
- What Is The Worst Month To Drive? —
- and more...



**MCCRAW
LAW
GROUP**

**SERIOUS
INJURY
ATTORNEYS**

1504 First Avenue • McKinney, TX 75069
903 N. Elm St, Ste 103 • Denton, TX 76201
www.mccrawlawgroup.com
info@mccrawlawgroup.com
972.845.7743



www.McCrawLawGroup.com/Blog

Carrot, egg or coffee bean?



The lawyers in our firm recently got back from our first in person annual meeting of the Texas Trial Lawyers Association since COVID. While it was great to get to see friends, to continue to sharpen our swords through the shared experiences and wisdom of others, for me the highlight of the meeting was a lesson not taught by a legal scholar, or a lawyer preening about a good jury verdict; the most impactful lesson was taught to us by a convict on parole for what is considered a life sentence. This young man of privilege was sent to prison for a string of burglaries committed while addicted to methamphetamine. What he learned from another prisoner while waiting the bus ride to his new concrete and razor wire home turned his life around, gave him purpose and ultimately changed that prison and led to his early parole. There are lessons for us all in the story.

The locally incarcerated older black gentlemen had a smile and a confidence that made him more than approachable to the young white criminal recently arrested. The young criminal was desperate seeking advice about doing hard time after getting convicted and receiving a sentence of over 60 years in prison. The old man asked this young criminal a simple question. Are you a carrot, an egg or a coffee bean?

You see prison, like life, is like a pot of hot water with greater pressure than you can imagine. When the carrot is in hot water under pressure it melts, it dissolves and becomes soft. Some people in prison do that. They are the ones who don't make it out alive. Others are like an egg. When exposed to hot water and pressure they become hard and cold on the inside. Pure self-protection to survive. These become the gang members and honestly most prisoners in the system. The soft parts of their soul dies as it is hard boiled. They become institutionalized. Then there are the coffee beans.... What happens when you expose those beans to hot water and pressure?

Most things like carrots and eggs are affected by the water, but coffee bean is different. It colors and flavors the water. It turns the water into coffee. The more heat, the more pressure, the more effective the coffee bean is at affecting the environment around it.

This young man stumbled as he strove to change the world, but he never forgot the lesson of the coffee bean. He was going to be useful. He was going to change the world around him. He did it with a smile, something that he could control. Bad circumstances, no matter, he would find the good. The positive. The uplifting. While prison was still tough, over time the positive energy attracted positive energy. This young man changed the prison from the inside as his attitude changed the atmosphere like coffee changes water. While there is much more to the story, the important part is the lesson that a positive attitude in dire circumstances made a difference, was noticed by the staff and ultimately led to extremely early release. He has thrived since because he has chosen to be the coffee bean.

I wish you could have been there. I wish you could experience how choosing to be a coffee bean and not an egg or a carrot affected the young man's world. I can only say that each one of us has the ability to affect our environment, or we can let the environment affect us. Having a serious injury is not fun. Dealing with the effects of a bad injury can melt or harden any of us. Use the example of the young man. Color and flavor our world. I can promise you that just like the parole staff looked at that young man, juries love to see people who have taken bad situations and have not let it harden them. Juries love people who affect our world positively. Those who take lemons and make lemonade. Consider that when reacting to a bad injury or bad circumstance. Be the positive force that makes a difference in our world.

~ Lin McCraw



In Your Court:

Introducing Vanessa Gamez

Senior Pre-Litigation Paralegal



**McCRAW
LAW
GROUP**

**SERIOUS
INJURY
ATTORNEYS**

1504 First Avenue • McKinney, TX 75069
903 N. Elm St, Ste 103 • Denton, TX 76201
www.mccrawlawgroup.com
info@mccrawlawgroup.com
972.845.7743

Born and raised in the DFW area, I have been a resident of Collin County for 15 years. About 12 years ago I was introduced to the legal field of which I was very intrigued with that I put other interests aside and pursued a career as a paralegal. For the past 5 years I have been a part of the McCraw Law Group family and can honestly say that I am very blessed to have found an organization that truly cares for their clients as well as their team.

My passion is to help others and make a positive contribution in my community. A passion that runs deep through my family and shared by my oldest son who actively serves our military. Like him, I feel a great sense of responsibility

and strive to help our clients in whichever way I can. It's very fulfilling and I am very humbled by it all. Each and every client holds a special place in my heart and I am so blessed for the trust they have in me and our firm.

When people say "choose a job you love and you will never have to work a day in your life," working as a paralegal for McCraw Law Group gives me exactly that. I love what I do. I love the opportunities being a part of a team organization offers. I love working with people that share the same sense of responsibility and passion to help and look forward to many more years together.



ACROSS

- 5 _____ Bells, _____ Bells, it's Christmas time
in the city
- 11 Deck the Halls with _____ of Holly
- 12 The First _____
- 13 From Jingle Bells: _____ through the snow
- 16 _____ To The World
- 18 All I want for Christmas is my two _____ - _____
- 19 Who sang "All I Want For Christmas Is You" (first name)
- 21 Up on the _____
- 23 In the _____ Mid-Winter

- 24 Good King _____ looked out
- 25 Have Yourself A _____ Little Christmas
- 28 God Rest Ye Merry _____
- 29 From 12 Days Of Christmas: Five _____ Rings

DOWN

- 1 I'm Dreaming Of A _____ Christmas
- 2 Santa _____ is Comin' to Town
- 3 _____ the Snowman
- 4 The Holly and the _____
- 6 _____ the red-nosed reindeer
- 7 Now bring us some _____ pudding

- 8 German for O Christmas Tree
- 9 It Came Upon a _____ Clear
- 10 O Come All Ye _____
- 11 O Little Town Of _____
- 14 Favorite Christmas Carol: _____ Night
- 15 Walkin' in a Winter _____
- 17 We _____ Kings of Orient Are
- 20 Go Tell It On The _____
- 22 _____ of the Bells
- 26 What _____ is This?
- 27 Do You _____ What I _____



Connect With Us



Become a fan on Facebook:

www.facebook.com/McCrawLawGroup



Follow us on YouTube:

www.youtube.com/c/McCrawLawGroup



Follow us on Instagram:

www.instagram.com/mccrawlawgroup



Become a fan on LinkedIn:

www.linkedin.com/company/mccraw-law-group



Follow us on Twitter:

twitter.com/McCrawLawGroup

McCraw Law Group

November 5 at 2:42 PM · 🌐

Today is national Love Your Lawyer day. Please join us in celebrating!
<http://ow.ly/eXmc50GHmpl>



👍❤️ 24

4 Comments 2 Shares

👍 Like

💬 Comment

➦ Share



Subscribe



Subscribe to our YouTube Channel
www.youtube.com/c/McCrawLawGroup
to learn about:

What To Do After A Car Accident
Trucking Accidents • Traumatic Brain Injuries
Community Events

WILL YOU...



...refer us to your family and friends?
We help people who have experienced
a personal injury, auto accident, 18-wheeler
accident, wrongful death and more.



Call us 24/7 at: **972-845-7743**,
or visit us at: **McCrawLawGroup.com**



**MCCRAW
LAW GROUP**

Your **SERIOUS
INJURY ATTORNEYS**



McCRAW LAW GROUP

SERIOUS INJURY ATTORNEYS

1504 First Avenue • McKinney, TX 75069

903 N. Elm St, Ste 103 • Denton, TX 76201

www.mccrawlawgroup.com

972.845.7743

info@mccrawlawgroup.com



DALLAS TRIAL LAWYERS ASSOCIATION
Helping Lawyers • Helping People



Texas Criminal Defense Lawyers Association

PRSRT STD
US Postage
PAID
Permit #3713
Dallas, TX

Return Services Requested



McCRAW LAW GROUP

SERIOUS INJURY ATTORNEYS

972-854-7900

MLG BRIEFS

DECEMBER 2021



**McCRAW
LAW GROUP**

1504 First Avenue
McKinney, TX 75069

903 N. Elm St, Ste 103
Denton, TX 76201

972.845.7743



**JOHN L. "LIN"
McCRAW III,
P.C.**

www.mccrawlawgroup.com

info@mccrawlawgroup.com



★★★★★ McCraw Reviews ★★★★★

The McCraw Law Group kept me informed. They worked things out in such a way, that all I had to do was to focus on healing and getting back to my best. Thank you for making this process as pain free as possible or at least within reason. ~ Coach Thule

My daughter and I were injured in a car accident by a driver who was distracted. With the damage to our vehicle, personal injuries caused, and medical bills we did not know what to do. In my first meeting with Lin, I new within minutes we could trust his firm to handle our case. Charlie Ginn was assigned to our case and he was diligent in fighting to obtain the best possible outcome for us. We are so thankful for Lin, Charlie, and their entire support staff for all their hard work and dedication to our case. They have all by far exceeded our expectations! ~ TJ

Answers to McCrawWord: ACROSS: 5-Silver; 11-Boughs; 12-Noel; 13-Dashing; 16-Joy; 18-Front-teeth; 19-Mariah; 21-Household; 23-Bleak; 22-Fixed; 24-Wenceslas; 25-Merry; 17-Three; 20-Mountain; 22-Care; 26-Child; 27-Hear
DOWN: 1-White; 2-Claus; 3-Frosty; 4-Ivy; 6-Rudolph; 7-Frags; 8-Tannenbaum; 9-Midnight; 10-Faithful; 11-Bethlehem; 14-Silent; 15-Wonderland;