



McCRAW LAW GROUP

SERIOUS INJURY ATTORNEYS

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Why and How to Journal Your Serious Injury

If you or a loved one has suffered a serious injury, there's likely only one thing on your mind: Recovery. You want to get to a place where you feel whole, rested, and safe again. You want to move past the trauma of your event.

There are many therapeutic steps that go into an effective recovery, but one of the most practical may involve detailing your journey in a pain or symptoms journal. The practice can offer you both emotional and logistical benefits. Here are just a few:

Journaling can help you work through tough emotions

A writing habit can help you reduce or cope with post-trauma symptoms, including both anger and anxiety. This reduction in stress can also help you manage tension in your body and assist with heightened focus—side effects that can enhance your progress towards your health goals.

Journaling can help you see patterns relevant to your care

When you're facing a long-term process such as healing from a serious injury, it can be hard to know precisely how

you're responding to therapy or medication. Conversely, it can be easy to play down or ignore chronic pain or seemingly small symptoms. By creating a daily log of your symptoms, you'll be able to show yourself and your care team what seems to be working—in an objective, measurable way.

Journaling can help your legal team pursue the compensation you deserve

Part of your strategy for recuperating after your injury needs to involve planning for your future. This can be confusing, stressful, and scary. If your injury compromises your ability to move, speak, or perform other basic activities (including

(Continued on page 3)

MEMORIAL DAY WEEKEND SAFE DRIVING TIPS

Texas law enforcement officers, as always, will be working hard to make the roads safer over the upcoming holiday weekend by increasing their traffic enforcement efforts. To make sure that you stay safe, as well as ensuring the safety of everybody else on the roads, here's some good guidelines to follow:

- **Do not drink and drive.** Make alternate travel plans if you are consuming alcohol.
- **Slow down** – especially in bad weather, construction areas, heavy traffic and unfamiliar areas.
- **Eliminate distractions** while driving, including the use of mobile devices. Texas law prohibits using a portable wireless device to read, write or send an electronic message unless the vehicle is stopped.
- **Buckle up** everyone in the vehicle – it's the law.
- **Slow down or move over for any emergency vehicles** stopped on the side of the road with emergency lights activated – it's the law. Also, show the same courtesy to fellow drivers stopped along the road.
- **Drive defensively**, as holiday travel may present additional challenges.
- **Don't drive fatigued** – allow plenty of time to reach your destination.
- **Report road hazards or anything suspicious** to the nearest law enforcement agency.
- **Make sure your vehicle is properly maintained** and always double check to make sure all cargo is secure.
- **Monitor weather and road conditions** wherever you are traveling. In the event of inclement weather, use extra caution on roadways and be aware of your surroundings.

Have a SAFE & HAPPY Memorial Day!



Time To Tee Up!



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For those of you who have been following the McCraw Law Group for any length of time, you will remember our past sponsorship and support of Direction 61.3. A non-profit dedicated to helping those aging out of foster care as they continue their education or transition into stable employment. Without someone like Direction 61.3 providing resources to create stability and guidance, many of these 18 and 19 year olds will find themselves trafficked or in a very short line to long term incarceration or deadly violence. The need is great, the organization

is effective; but they need our help.

Once again, Direction 61.3 is having its' annual golf tournament on June 22, 2021 at The Hills Golf Course at Stonebridge Ranch in McKinney. Once again we are partnering with Direction 61.3 to sponsor the event to help our foster children have a real chance to succeed. Our staff is busy once again developing fun ideas to humiliate me while helping these foster youth and make our community a better place. Be on the lookout or friend us on Facebook (www.Facebook.com/McCrawLawGroup) to be the first to see my humiliation this year. Join us and be part of the fun. To buy tickets or to donate go directly to their website (Direction 613.org). Let's dig deep and give this ministry the support it deserves. When hear from the lives of



3RD ANNUAL
TUESDAY, JUNE 22ND • 1:30 PM
STONEBRIDGE RANCH HILLS COURSE
— MCKINNEY, TEXAS —

BENEFITTING
DIRECTION 61.3
Aging out Foster Youth Thriving as Adults

young women that have been helped, and see how they are flourishing, it is motivating. We can build a better and safer world if we each will do what we can to make a difference where we are.

I look forward to seeing you out on the course.

~ Lin McCraw



(Continued from page 1)

those related to your job), you'll need to figure out a way to provide for your future.

An experienced personal injury attorney can help you put together a strategic case to work towards the compensation you deserve. In order to make your case as strong as possible, you'll need evidence linking your pain and suffering, as well as all related care, to the inciting event. A dated log of your recovery processes can help bolster your claim.

Fortunately, achieving the benefits of routine post-injury journaling can be very simple. Start keeping a log of your recovery as soon as you reasonably can after your incident to establish an accurate baseline. Be as detailed and accurate

as possible, and try to be consistent with your entries. Both hard-copy and more tech-based logs will work; use the tools that are easiest for you to access. (If you're using a paper-based system, however, be very sure to date your entries.)

Initially, this might seem like a burden, but as you lean into the psychological benefits of charting your progress—and as your legal team is able to use your journal to help your case—you'll be glad you made this habit part of your recovery.

If you have been injured in an accident and are unsure what could be compensated, **contact McCraw Law Group.** We can help by explaining your options.

WHERE'S? THE WORDS?

The month of May brought the below 22 words to our minds, so we took 'em & scrambled 'em all up horizontally, vertically, diagonally, forwards & backwards, & then smashed 'em all into a tidy little square for you to dig into and find. Good luck!

Eagle
Ace
Dimples
Birdie
Butterfly
Bogey
Graduation
Divot
Etiquette
Ladybug
Diploma
Dreams
Congratulations
Mulligan
Golf Cart
Caterpillar
Season
Tadpole
Bloom
Cloudy
Kite
Umbrella

S	N	O	I	T	A	L	U	T	A	R	G	N	O	C
R	O	Y	D	U	O	L	C	B	L	M	R	A	R	Y
A	I	E	N	A	G	I	L	L	U	M	C	Y	N	P
L	T	T	L	P	B	O	S	D	B	E	X	D	Y	W
L	A	I	E	A	O	I	I	M	Y	L	Z	W	X	Q
I	U	Q	L	M	D	V	R	L	A	D	D	W	B	B
P	D	U	O	G	O	Y	F	D	I	E	U	V	A	V
R	A	E	P	T	O	R	B	M	I	M	R	M	Y	V
E	R	T	D	Y	E	L	P	U	B	E	O	D	N	T
T	G	T	A	T	E	L	F	R	G	L	Y	O	G	L
A	L	E	T	A	E	G	E	C	P	X	S	B	E	Z
C	Y	U	G	S	R	L	O	I	A	A	R	T	J	N
M	B	L	J	L	L	Z	D	B	E	R	I	K	J	Y
Q	E	V	L	A	P	Y	Z	S	M	K	T	R	X	N



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