

MLG BRIEFS

NOVEMBER 2020



THE McCRAW
LAW GROUP

Your Serious Injury Lawyers

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How to Limit Social Media Use After an Accident

Let's face it: social media is a part of life. Facebook, Instagram, and Twitter offer a convenient way to keep up with old friends, share beliefs, and connect with new people. It may be beneficial in small doses, but you can have too much of a good thing. The average person spends nearly two and a half hours on social media per day. Studies also link extended social media to increased stress levels.

After an accident, you may feel tempted to immerse yourself in celebrity Instagram feeds or debate distant relatives on Facebook. This process can help you stay connected since you may not have much mobility. But too much online time can have negative mental and physical effects.

Here's how to thread the needle to clear your head and spirit.

Establish Boundaries

Studies show that excessive social media consumption can cause sleep disturbance. It's important to get a good night's rest, especially as you recover from injury.

Create realistic limits. Some people can enjoy their phones in moderation without being carried away by the dopamine rush. Others do better with abstinence. Pay attention to your habits. Consider using a timer when you're on your phone to hold yourself accountable. You can even download apps that block you from using social media during certain hours or once you've exceeded your daily limit.

Turn Off Notifications on Your Phone

Social media frequently leaves users wanting more. To curb your usage, turn off push notifications. These pesky alerts notify you when there is activity on your accounts. Without their constant interruptions, you'll be less inclined to break your social media embargo.

Find New Activities

When recovering from an accident, you may find yourself with a lot of free time. Why not take advantage of it? Read books, take virtual classes, watch instructional videos online,

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practice an instrument, meditate, learn to play chess or backgammon, engage in charity work—opportunities for growth are bounded only by your imagination.

Call Family and Friends

It might seem counterintuitive, but social media use can make you feel more removed from your inner circle. Browsing through posts may leave you feeling isolated or left out of activities. Studies also show that reducing social

media use to just 30 minutes per day can reduce feelings of loneliness and depression.

Consider calling friends and family members instead of messaging them. Schedule phone calls, set up video meetings, and invite them to join you in online discussion groups or book clubs.

Social media doesn't have to be a bad thing. By using these tips, you can strike the right balance and leave more time to clear your head. Limit your time, embrace new activities, and connect with others as you recover.

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



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Much to be Thankful for

By the time you are reading this Halloween will be a memory, the presidential election will be over (hopefully), and unfortunately COVID will likely still be raging through our state and country. 2020 has been brutal by almost any definition. But November is November—a time for Thanksgiving. The first colonist worked together through starvation, disease, attacks, and bad weather—and they gave thanks for the fact that they were still there and that they still survived. In the dangerous times, teetering on the edge of existence, they gave thanks for their blessings.

We today can take some lessons from the choice our forefather's made to embrace thanksgiving for what they had rather than moan and groan about what they did not have or what they have come through. I know that many of you are hurting. Some have active injuries, some physical ailments, some have deep emotional scars from trauma in your life. Join me and flip that coin and look for the blessings. We are all still here. We can still take the bad and make it result in some good for someone. We are blessed to get to work with some of the strongest men and women I have ever known as they work through trauma in their lives and survive to thrive on the other side. I personally am blessed to work with an incredible team of people from all walks of life, harnessing their individual talents to really care for our clients and their families. As a result, lives are changed, people are empowered, and together we move forward.

I know that 2020 is not what any of us envisioned in January, but still, give thanks because this is still America and we still have much to be thankful for.

~ Lin McCraw



NOVEMBER WORD SEARCH

Kinda like searching for a needle in a haystack, the below list of seasonal words are all somewhere - horizontally, vertically, diagonally, forwards & backwards - in the jumble of letters below. So plow on in and good luck finding 'em all!

Autumn
Dessert
Gravy
Hay
Parade
Pilgrim
Apple Pie

Pumpkin
Cranberry Sauce
Stuffing
Sweet Potatoes
Leaves
Corn
Turkey
November

Mayflower
Wishbone
Straw
Harvest
Grateful
Cider
Chilly
Chestnuts

Gourd
Sleet
Fall Back
Cobwebs
Rake
Tradition
Family

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



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John L. "Lin"
McCraw III,
P.C.

Talkin' about McCraw:

These guys did a great job for my father in law when he was in an accident. They were always professional and caring. We appreciate their assistance with a tough situation.

~ Cindy M.

The McCraw law group was very professional and easy to work with throughout the case. Everyone that contacted me was great!

I have never been through this process before and I was glad I chose the McCraw Law Group. They walked me through it with ease. I highly recommend them to everyone.

~ Susan C.

Gave me awesome advice over the phone for a terrible car wreck for no cost and they had my best interest thank you guys will be returning here for any trouble I'm having!

~ Cecily T.