

IN TOUCH

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Hello!

This issue of *In Touch* is being sent to you courtesy of



It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!



Funny Bone

One-liners:

Try these zingers at your next party:

- My dog used to chase people on a bike a lot. It got so bad. I had to take his bike away.
- I'm so good at sleeping, I can do it with my eyes closed.
- My boss told me to have a good day. So I went home.
- A woman walks into a library and asks if they have any books about paranoia. The librarian whispers, "They're right behind you!"
- What did the pirate say when he turned 80 years old? "Aye matey!"
- Why did the old man fall in the well? Because he couldn't see that well.
- A blind man walks into a bar. And a table. And a chair.
- I know a lot of jokes about unemployed people, but none of them work.

Work from Home Tips

With the increase in the number of hours spent working from home, more and more people are sitting and making use of screen time for longer periods, and experiencing many of the issues associated such as eye pain, headaches and increased musculoskeletal pain.



It is very important for people who work from home to have a work area set up that is as conducive as possible to productivity and to separate the work area from the rest of the home. The most crucial factor is to have the right kind of chair and desk, or at the very least make use of cushions for back support and footstools to help keep the best sitting position.

People who work from home should also take plenty of breaks in order to exercise and stretch, and to plan their activities in advance in order to avoid problems during work periods.

Small Tips for a Better Work/Life Balance

With more people working from home, the line between work and life can become blurred to a degree that is helpful to neither and can also have an adverse effect on your overall wellbeing.

One good tip to achieve a better work/life balance is to establish separate lines of communication for work and your personal life. It is now possible to have two separate phone numbers on the same phone with the use of WhatsApp, so using two separate accounts is a good way of ensuring you will not be bothered by work calls long after work hours.

Another good tip is to actually take the holidays that you are entitled to. Many people fail to take the time off they are afforded by their work contracts, but this time is vital to prevent burnout and recharge our batteries.

It is also a good idea to make certain you get at least 30 minutes of exercise every day, which is not only good for your physical health but also provides time to think about how to improve your work/life balance.



What Our Customers Say

We are so fortunate to have the best customers in the world! Many of them write to tell us how much they appreciate how well we clean their homes. Here are just a few of the terrific comments that we've received.

Thank you Matthew, for everything you have done for me in such a short period of time. I would recommend Matt & his firm to my friends any day. Great communication skills & very helpful.

Shanice R.

Google Review

Matthew Murillo from Griffin was OUTSTANDING. I sought advice. He did not know the answer - researched it - got back to me with just what I needed. He then showed me how I could do it myself without having to be charged by his company. Genuine and authentic.

Eric B.

Google Review

Mina is amazing! She is so friendly and really cares what her clients needs are and above all, she is a person integrity. Her work is very detailed and complete. I'm so grateful to have met this company!

Sean N.

Google Review

Listening and Setting Standards

Managers have to talk often, and while it is obviously important to give people the required direction and guidance, and speaking your mind is necessary in many situations, talking too much can become a problem of its own.



Managers can sometimes dominate conversations to the point that they fail to hear the perspective of their employees, making it important for managers to learn to listen as often as they speak.

When a question is asked at a meeting, managers should encourage others to air their thoughts before they do, allowing everyone to feel included and that their opinions are valued.

Regular individual sessions should also be scheduled with team members in order to encourage more open communication and where employees can be asked about their concerns, needs and wants. The reality is that managers can sometimes learn more by saying nothing.

Managers should also set healthy work standards for team members by taking lunch breaks, engaging in flexible work and leaving work on time.

Inspire Your Own Success

Success is the key to happiness in the eyes of many people, whether that success is to own their own company or just getting to life the lifestyle they have always dreamed of having.



Achieving those ambitions can be difficult and require a lot of hard work however, but there are some inspirational tips that can make the journey easier to take.

One good tip is to be honest about what it is that you really want.

The expectations of others or the demands from particular circumstances should never sway you from your own vision of what you want to be doing in life five or ten years down the line.

Another good tip is to make sure you are spending time with the right crowd.

It is a good idea to find the kind of people that allow you to be the best version of you, with whom you feel you belong, and who help you to grow as a person emotionally, intellectually and morally.

Using Exercise to Improve Mental Health

Our physical and mental health is inextricably linked, and regular exercise can not only help with maintaining physical health but also play a role in ensuring mental wellness.



People who have serious mental health problems can also be at greater risk of suffering chronic physical health issues, research has found.

One way to get physically and mentally healthy at the same time is by practicing yoga.

Yoga is an ancient tradition that promotes general health and improves your physical flexibility.

Sublimed energies that are tied in knots in some areas of the human body are released by asanas, while yoga is also focused on controlling breathing patterns, which can calm both mind and body.

Dancing is great fun, which makes it more enjoyable as a form of physical exercise that can be used to stay fit. Dancing also releases hormones that are very good for the brain such as oxytocin, dopamine, endorphins and serotonin.

Many different forms of dance help not only with improvements to physical health but also have a huge impact on your emotional state.

About Our Practice

We believe that the traditional law firm model is flawed. It incentivizes lawyers to spend more time on matters (*cough* billable hours *cough*) and constantly focus on the next new client (“one off transactions” are the norm in most legal practices). Isn’t it time for a worthwhile, lifetime relationship with your lawyer?

Some of the Services We Offer ...

- ✓ Corporate Formations
- ✓ Outsourced General Counsel
- ✓ Interstate Corporate Moves
- ✓ Asset Protection Planning
- ✓ Mergers & Acquisitions
- ✓ Wills & Trust Planning

Tell a friend! A referral from one of our satisfied clients is the greatest compliment we can receive!



Finances After an Injury

A serious injury can cause serious disruption to your life, perhaps including an extended stay in hospital followed by therapy and rehab.

The financial consequences of such an injury can also be very serious as you are unlikely to be able to work following such a serious accident.

If you were injured through no fault of your own, you are likely to be entitled to some form of financial compensation so it is a good idea to seek legal advice in order to find out exactly where you stand.

Those suffering from an injury will also need to careful records and careful notes of all expenses, partly because they will help with compensation but also because they will help you to get a better grasp of your changed budget.

Overall organizing of finances is also crucial for anyone who finds themselves in these circumstances.

This means collecting all bills, including medical bills, together and being aware of exactly when they need to be paid.



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A "GOOD NEWS" NEWSLETTER FULL OF FUN AND INTERESTING FACTS FOR OUR CUSTOMER **DECEMBER 2020**

Rocky Facts

The Rocky film series has been one of the most successful franchises in cinema history since it began more than four decades ago back in 1976, and there are many fascinating trivia facts about it that are largely unknown. One very interesting fact is that the turtles, Cuff and Link, which Rocky owns in the original film, have outlived the majority of the cast from the original film. The same turtles popped up again in the 2006 film Rocky Balboa, and are not only still alive but are actually owned by Rocky actor Sylvester Stallone himself. During the filming of Rocky IV, Dolph Lundgren, who played Rocky's callous Russian nemesis Ivan Drago, hit Sylvester Stallone in the chest so hard during their climactic boxing match that his heart actually hit his chest bone, causing it to swell. Stallone had to spend over a week in intensive care, and could have died had he not quickly sought out medical attention. Burt Young, who played Paulie, was the only actor in the original film that was the first choice for the role they were cast in, with the studio initially not even wanting Stallone to be Rocky despite him writing the script.



From the desk of
Matthew Murillo

It's been a very interesting year, to say the least. But I've seen such an inspiring commitment to entrepreneurship throughout the year ... it's been amazing!

I've loved watching as people come up with new and varying needs to fill and create opportunities to make money and help support their families!

What have been some of businesses you've seen pop up this year?

Goodbye 2020!!!

As our way of saying "Hasta La Vista" to 2020, we're offering entrepreneurs a the option to incorporate for 2021, with a 20% discount! Be quick, this offer is only valid if get started this month! Just mention to newsletter...

Surviving Lockdowns

Lockdowns and an increase in working from home because of the coronavirus pandemic have had a big impact on relationships in 2020, and often in a detrimental fashion. Relationships are important in these turbulent times but the pressure of self-isolation and social distancing, as well as financial issues caused by the pandemic, can put relationships under a lot of pressure.



It is important for people to not assume that they understand how their partner or family member is feeling. People often assume that others think and feel the same way they do, and these assumptions can create false expectations that ultimately lead to resentment. Distress and fear can make it difficult for people to maintain an open dialogue, but the key to ensuring relationships stay solid is to keep communicating. Heightened anxiety can cause frustration and anger, so people need to be aware of their responses and be honest about their emotions.