

## Best Practices for Contentment

**TIPS FOR HAPPIER LIVING** Positive psychology researcher Sonja Lyubomirsky, described happiness as “the experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.” Through her research, she found that roughly 50 percent of happiness is determined by our genes and 10 percent by our life circumstances, but the remaining 40 percent depends on our daily activities. So, while some things may be out of our control, there are some things that we can control and therefore control our happiness.

Here are 4 tips to happier living:

1. Focus on the who not the what. Relationships are the most important things in our lives.
2. Live in the moment (even when the moment is unexpected and frustrating).
3. Count your blessings every day.
4. Be kind.

SOURCE: Clarissa Rayward, 4 Simple Tips for Happier Living, The Happy Family Lawyer [www.thehappyfamilylawyer.com](http://www.thehappyfamilylawyer.com) (Mar 3, 2017).

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## Wellness & Self-Care

**YOGA IS MORE THAN JUST EXERCISE** A 2011 study was done to compare the physical and mental benefits of exercise-based yoga practice to that of a more ethical/spiritual based practice (integrated yoga). The results showed that the participants of both groups from the study experienced decreased depression and stress levels, and even experienced an increased sense of hopefulness. Physically, their flexibility was improved.

However, the integrated yoga group was the only group to experience decreases in anxiety-related symptoms and decreased salivary cortisol (the stress hormone) from the beginning to the end of the study.

SOURCE: J. A. Smith et al., Is there more to yoga than exercise?, 17 (3) Altern. Ther. Health Med., 22-9 (May-Jun 2011).

## Practice Tips

**DEFUSING AN ANGRY CLIENT** Although every situation is different and you’ll have to deal with each client on an individual basis and choose the best tactics and techniques given the circumstances, below are some tips to help.

**Let them vent.** Interrupting people while they’re venting can make their frustration even bigger.

**Meet face to face.** Arguments conducted over the phone or via email can be risky as words can be misconstrued. There’s also no opportunity to study body language.

**Kill with kindness.** For every mean thing a client says to you in an argument, respond with a compliment.

**Never take it personally.** You have to separate yourself from the issue mentally, and remember that this is just your job and you cannot control what other people think.

**Focus on solutions.** Angry clients only want to focus on the problem; try instead to get them to discuss solutions.

SOURCE: Larry Alton, Seven Tips for Defusing an Angry Client, Law Technology Today (Sept 28, 2016).

**Things work out best for those who make the best of how things work out.**

**-- John Wooden**