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MARCH 2021

WHISLERLAWFIRM.COM

ON THE BRIGHT SIDE ...

HELP ME CELEBRATE NATIONAL OPTIMISM MONTH

We have all been through a lot. And yet ...

As vaccines roll out across the country and the weather warms in many places, people are feeling something they haven't felt in a while: optimism, rising like the sun after a long, cold night. So, how appropriate is it that March is actually National Optimism Month?

"Where focus goes, energy flows." You may have heard that before — it's a quote from Tony Robbins, whom I'm a big fan of. It's a fact that negativity leaves us drained with no idea where we'll get the energy to push forward. But if I accentuate the positive, I find my energy returning as I look at the bright side. And I know others can, too.

I also know it's not easy. Optimism is like a muscle, and if we don't use it often, it can lose some of its strength. But no matter how weak that muscle may feel, it's never

gone completely, which means it's never too late to start using it. Don't know how? This is where another topic really comes into play: gratitude.

See, in my experience, gratitude is the gateway to optimism. It may feel silly to count your blessings when you're feeling down — in fact, it may feel downright impossible! But it isn't. I promise. Just bring to mind the things in your life that are good — family, friends, and accomplishments or victories (no matter how small). You can also just look around and try to enjoy the environment. Even in a crowded office, you might see a nice color over here or a funny poster over there. Sometimes I try to find a nice thing to think about each person I see. Before I know it, I'm flexing that optimism muscle.

Now, I know all this talk about optimism might seem ironic coming from a lawyer;

sometimes it seems like all we do is dwell on the worst possible outcomes. But I try to prepare for those things and then move on because it's my job to put clients in a better position than before — and that includes their outlook and attitude. If I'm not optimistic, how can I ask a client to be? At the same time, my clients are some of the most optimistic people I've ever met! I'll talk to a man whose house burned to the ground, and he smiles and says, "I'm just glad nobody got hurt!" It's hard to be a pessimist when I meet people who have every right to be negative but just keep looking on the bright side of life.

At the end of the day — literally — I want to leave the world better than I found it. At home, once a week, my family and I go around the table at dinner and say what we're thankful for. No matter what, I can always give thanks for my job — where people come to me, and I get to help them. It's not just about winning a case, either. If you need something, like finding a counselor or psychiatrist or figuring out what the scary letters from the insurance company really mean, Whisler Law Firm is here to assist you.

And sometimes, that help is just a letter like this telling you things are going to get better, that now is the time to keep fighting. You have reserves of will and optimism inside of you that nobody would have guessed. We're in this together, and we've toughed it out this far. Thinking like this is the best way to celebrate National Optimism Month.

-Josh Whisler



IMPROVE YOUR ATTENTION SPAN AND TRANSFORM YOUR LIFE!

Since the COVID-19 pandemic swept across the world last year, many things have gotten shorter, like school days and our patience. But perhaps the main thing that's grown shorter for all of us is our attention spans.

In 2019, researchers from the Technical University of Denmark reported that our collective attention span is indeed narrowing — and it may be because we're bombarded with tons of information that we don't want to "miss out" on, whether we're scrolling through Facebook or finding new videos on YouTube.

Unfortunately, a poor attention span can affect us in many ways. It may impact our performance at school or work or cause communication difficulties in relationships. It may even result in poor health related to self-neglect and an inability to practice healthy habits.

How do you fix it? Is it even possible to improve your attention span? Yes, you can! But it will take time. Here are a few ways you can get started.

First, accept that you may make yourself a little mentally uncomfortable while expanding your attention span. It simply won't feel natural to focus on a single task for a longer period of time than normal, but, with a routine, it'll get more comfortable as time goes on.

Second, give the Pomodoro method a try. Named after a tomato-shaped timer that its creator used, the Pomodoro method has gained a lot of attention over the years as a brain workout, and it's a great way to slowly expand your attention span while accomplishing tasks.

To get started, think of a small task. Then, set a timer to 25 minutes (or longer, if

your attention span will allow). Work on your task for 25 minutes straight. Then, take a five-minute break. After the break, repeat the process. After four rounds, take a break of 15–20 minutes.

Congratulations, you've used the Pomodoro method, which you can repeat as many times as you want. It's very handy for getting your tasks finished in a flash, despite any attention span issues!

Third, meditate, work out, or adopt new educational interests. Anything that keeps your brain, body, and spirit engaged can help you learn how to focus better. There's plenty of research that shows the benefits of meditation and exercise to your focus — the trick is exploration. Not every form of meditation, exercise routine, or hobby will work for you, so don't give up right away! Stay curious and keep exploring.

THE M J SCARLETT FOUNDATION WHISLER CLIENT TAMARA DAWES TARGETS HUMAN TRAFFICKING



501 (c) (3) Non-Profit Organization
Providing Community Outreach Services
PRICELESS GEMS; NOT FOR SALE

We consider ourselves community members in every sense of the word. Several years ago, Tamara Dawes, a woman in our community, lost her daughter in tragic circumstances

that nevertheless brought her into our offices. Tamara has taken her daughter's precious memory and her name and begun a foundation focused on educating at-risk people about human trafficking. We are happy to feature Tamara in this issue and are so proud to know hardworking people like her.

Tamara's M J Scarlett Foundation (look them up on Facebook!) provides awareness training, public and private education, and many other services that help people avoid human trafficking — a problem endemic to South Florida. Many people feel like they aren't at risk for human trafficking, but that isn't the case. In the United States, the vast majority of victims are youths between the ages of 12 and 17, making children a particular point of interest for Tamara.

She also knows that being homeless makes many in our community vulnerable, and the M J Scarlett foundation also tries to help the homeless population in any way it can. When you're on the street, offers of food or a warm place to sleep can entice people into bad situations, and that's something Tamara works with local organizations to prevent.

But the scariest number Tamara cites is "1%" — the percentage of human trafficking victims who are rescued. Recovering these people is important, but the fact is that it's very hard to do. Instead, the focus has to be on education. Right now, that education is taking place online via Zoom — read on for info on how to attend!

In order to do this work, Tamara Dawes has received human trafficking credentials, youth mental health certifications, and other credentials — in addition to her own master's and pending doctorate degrees! We're so proud to have someone like her in our community and especially in the Whisler family. Please look up the foundation on Facebook or find them at MJScarlettFoundationInc.org and get educated on the perils our children face. Then, join Whisler Law Firm and get involved!

OUR CLIENTS SAY IT BEST



"Great law firm. They helped me settle a case that had been going on for a long time. John at the firm kept it moving along, even during the pandemic. Thanks for the help!"

-Nathan N.

"We hired The Whisler Law Firm to help us with an insurance claim. They were incredibly professional and thorough. They really understood the situation and were able to guide us to a satisfactory settlement to help us with our unfortunate circumstances. By holding our hands throughout the process, my wife and I felt very comfortable. Thank you for your help!"

-Darren S.

"Great experience with Whisler Law Firm. Josh Whisler and his firm took great care of me and my home. Very professional and worked diligently with my insurance company to get me the funds I needed to fix up my home. Highly recommend Josh Whisler and his firm. Thanks!"

-Evan M.

DID YOU KNOW?

You can visit whislerlawfirm.com and access our highly informative webinars any time!

Also, sign up for a complimentary Will or Trust consultation!

Questions?

Call 833-529-5677

"The great thing in this world is not so much where you stand, as in what direction you are moving."

– Oliver Wendell Holmes



GREEN GODDESS SMOOTHIE

Inspired by AmbitiousKitchen.com

INGREDIENTS

- 1 1/4 cup unsweetened vanilla almond milk
- 1 medium frozen banana
- 1 1/2 cups fresh organic spinach
- 1 organic apple, peeled and chopped
- 1 tsp chia seeds
- 1/2 medium avocado

DIRECTIONS

1. In a large, high-powered blender, add in all ingredients.
2. Blend on high for 1–2 minutes, or until all ingredients are well combined.
3. If necessary, add in more almond milk to thin the smoothie.
4. Serve immediately and enjoy!



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We're so grateful for all the feedback on our newsletter! If you have anything you'd like to share, we'd love to hear from you.

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FIELD TRIP DAY, RIGHT FROM THE LIVING ROOM

4 VIRTUAL ADVENTURES TO TAKE WITH YOUR KIDS

Field trips are always an exciting time for kids. It changes a monotonous school day into a learning adventure. Unfortunately, the COVID-19 pandemic has put field trips on hold for the time being. Luckily, there are ways kids can still enjoy field trips from the safety of their homes through virtual field trips! Check out some great virtual field trips below.

Visit the National Gallery of Art

The National Gallery of Art provides 10 digital educational resources for children and adults to explore. These resources include video tours, educational PDFs, and even a few lessons and activities. Children can become engrossed in art, expand their knowledge of the arts, and practice some creativity of their own. Find out more and get exploring at NGA.gov.

Learn about farming with BrightFarms

BrightFarms' virtual tours let viewers explore indoor farming, specifically how leafy greens are grown, harvested, packaged, and delivered to grocery stores. The growers narrate the videos in an easy-to-follow tour that is perfect for kids and adults alike. Find these tours at their website at BrightFarms.com or Vimeo.com.

See Buckingham Palace

In this virtual tour, your kids can explore Buckingham Palace's throne room, grand staircase, and white drawing room. Each room has a 360-degree view



to look around each room, and, by clicking on the information icons, you can learn about certain aspects of each room. This is a wonderful chance to bring your kids into a completely different world right from your living room by heading to Royal.UK/virtual-tours-buckingham-palace.

Fly to Mars and the Moon

By heading to AccessMars.WithGoogle.com, you and your kids can embark on an exploration of Mars with narrator Katie Stack Morgan, a NASA planetary geologist on the Mars Science Laboratory mission, and the rover Curiosity. Morgan takes viewers through certain points of Curiosity's adventures on the real surface of Mars. NASA also has a virtual tour of the moon's surface at Moon.NASA.gov, providing viewers with information gathered since 2009