

The WRIT

OFFICIAL PUBLICATION OF THE WASHOE COUNTY BAR ASSOCIATION

**Wednesday, June 12, 2019, Harrah's Convention Center
12:00 p.m. - 1 Hour CLE**

WCBA Annual Meeting & 2019 Legislative Update

Join WCBA on Wednesday, June 12, at Harrah's, 12 noon, to hear what happened during the 2019 Nevada Legislative Session. Jesse Wadhams will provide us with a recap and let you know what it means for you and your clients.



Jesse A. Wadhams, is of counsel, with Fennemore Craig. Jesse represents clients before Nevada state agencies including the Division of Insurance, the Department of Health, the Division of Minerals, the Division of Environmental Protection, the Gaming Control Board and the Taxation Commission. He also represents clients before all levels of Nevada government from city councils to the Legislature on administrative, licensing, regulatory and policy matters. Jesse has served as an expert witness for

the Nevada Department of Taxation on liquor licensing and distribution.

Jesse received with B.A. degree from Santa Clara University and his J.D. from Santa Clara University School of Law. Jesse was admitted to the State Bar of Nevada in 2004, and is a member of Washoe County Bar.

Jesse was named *Best Lawyers in America*®, Administrative/Regulatory Law, 2019; "Legal Elite", *Nevada Business Magazine*, 2016-2018; Northern Nevada Top 75 Attorney, *Nevada Business Magazine*, June 2012; and Freshman Lobbyist of the Year, Legislative Session, 2007.

RSVP by June 10, 2019. \$25 per person for members, tables of eight with signage \$200 and \$35 for non-members. Register online at www.wcbar.org or call 786-4494.

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MILLENNIAL MINUTE

By Kelci Binau, McDonald Carano

Positivity: The Key to Success

One windy yet warm afternoon while driving home from work, I responded to my Aunt Jan's inquiry about how I was doing. My words echoed back to me and I realized I had complained about the weather becoming colder, increased traffic in town and that I had been feeling a little stressed out. In true Aunt Jan fashion, I was told I needed to change my mentality and should not use negative words such as "stressed out," because if I used negative words I would think negatively. Aunt Jan suggested instead that I say I was having a "topsy-turvy day" or a "butterfly day" and to try to think more positively. In true fashion, my Aunt Jan imparted her wise advice and I felt less like I was having a "butterfly day" and more inspired to work on a positive mindset. I was reminded that we all need a little pep-talk every now and then.

Whether a judge, partner, associate or assistant, no one is immune to springtime doldrums. As spring weather teases us with promises of sunshine and longer days and children's screams pierce the warm air with excitement for summer, it can be easy to fill this time of transition with negative and stressful thoughts. Now I have to find something to keep the kids busy this summer! How can I manage to meet my billable hours and enjoy summer activities? When is it going to stop snowing and just be warm? My allergies are running me down! It is important for your mental health and the mental wellbeing of others in your office to be aware of your state of mind and to work to have a more positive outlook.

The practice of law often dictates your schedule. However, according to the Mayo Clinic,¹ setting aside the time to evaluate your mindset and practice positive thinking can increase

your lifespan, your ability to cope with stress, and your overall psychological and physical health. In the workforce, positivity relates to job satisfaction, organization, productivity, creativity and better evaluations by supervisors. Psychologist Barbara Fredrickson explains that while negative emotions have their place and allow us to recognize dangers or vulnerabilities, positive thinking broadens and builds upon our skills to overcome and opens new possibilities for getting through some of our problems.² Working on a positive mindset does not mean always being happy or ignoring difficult times in your life, it is about being aware of your feelings and your mood and actively choosing not to give into negative thoughts. When you allow yourself to succumb to negative thoughts, you are allowing yourself to wallow in self-pity and are missing out on an opportunity for growth.

Below are a few tips to keep in mind on your path towards actively employing a more positive mindset.

Sleep. Getting an adequate night's sleep is imperative to our ability to pay attention, retain new information, maintain a healthy weight, lowers stressful or "butterfly days" and improve our mood. Sunny spring days bring later sunsets, which can deceive the body and mind into staying up later than we would during the winter hours. The National Sleep Foundation (NSF) released its latest results and found that adults, ages 26-64 need approximately 7-9 hours of sleep every night and adults over the age of 64 need approximately 7-8 hours of sleep a night. The NSF further explained that sleep needs are also unique to the individual and to pay attention and analyze how you feel on varying amounts of sleep. The next time you consider staying up that extra hour to work on an assignment, think about

how a good night's sleep will affect your productivity the next day.

Begin/End your day with Positive Affirmations. With our busy schedules it can be easy to get caught up in the day-to-day and begin to take what we have for granted. Make time to write down or think about the things you are grateful for every day. Don't have time? Practice while you are in the elevator, while you are driving to work, or while you are grabbing take-out for dinner. Taking a break to remind yourself of who or what you are grateful for will act as a reset button and you may be pleasantly surprised by the positive thoughts, actions or interactions that follow.

A day without laughter is a wasted day. All too often we allow the weight of our responsibilities to dull our senses and allow us to become all too serious. Learn a new joke and share it with your office mates or turn a long evening training into a positive and fun bonding experience between you and your coworkers. Maintain your professionalism while being mindful to actively find the humor in activities you may not otherwise have been positive about.

A good deed that remains silent is twice blessed. Do you remember that feeling you get when the person in front of you buys your coffee or the woman with her hands full holds the elevator for you? Work to set small goals every day to make someone's day more positive; begin with telling someone you like their suit, take a co-worker's copies to them from the copier or tell someone you are grateful for their help and that they have done a great job. If a co-worker is having a bad day, try to create a positive spin on their situation. There are no bounds to the difference you could make in someone's day by making a small effort to spread some positivity.

No Negative Speech. Your statements and reactions affect your state of mind and others around you. No one wants to be around someone who consistently has a negative outlook. When faced with a challenge, work to accept the situation, be optimistic about what you can learn, and slowly, your resilience to challenging situations will grow. As my wise Aunt Jan said to me, instead of telling someone you are “stressed out,” say “I am having a topsy-turvy day.” Replacing negative words and working to see and express the positive in situations will help you to reframe your outlook and will help train your brain to naturally think more positively.

Focus on the Present. Make a conscious choice to live day-to-day, morning-to-afternoon. If something puts a wrench in your schedule, take a break or go for a short walk. Create a “divide” between the unsettling event and the rest of your day and work to move forward with a positive mindset.

Sometimes we just need a little reminder of how lucky we are to be where we are at, whether that is having a job and the ability to work from home on a sunny weekend, having a car to drive home in on a snowy May afternoon, or having the ability to pay for our children’s summer school program. I hope this article brought a little positivity to your day and inspired you to do the same for someone else.

***This article is dedicated to my favorite aunt, Aunt Jan. Fun fact: the morning after writing this article my car died at the bottom of my parking structure, in the middle of the driveway, and no one was able to get in or out of the parking structure for about 25 minutes...it was challenging, but I practiced employing a positive mindset!

¹<https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-we-really-need>

²<https://positivepsychologyprogram.com/positive-mindset/>

Kelci Binau is an Associate with McDonald Carano in the firm’s Business Entities & Transactions and Real Estate & Land Use practice groups.



2019 Small Business Institute

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