



CASE BARNETT
LAW



THE CASE BARNETT LAW TEAM

UNWAVERING, EVEN IN THE FACE OF A PANDEMIC

November is always a great month to talk about what I'm most thankful for, and this year, I'm most thankful for the individuals who make up our team at Case Barnett Law. Dena, Jamal, Rachelle, Paige, Gio, Jazmine, and Emily have handled the last seven months with professionalism and dedication. Each one is a team player, willing to step in and tackle anything thrown their way.

During the first week of March, we got the team together and brainstormed all the ways we could make our firm more efficient, effective, and, of course, safe. We decided that having our team work remotely was best for all. We have held weekly firmwide Zoom meetings, as well as Zoom meetings with each paralegal/attorney team. This allows us to continue to dig deep into the legal work we are doing. Our custom case management system is cloud-based and allows each member of the firm to see everything going on, for every single case, in real time. It is a great tool for collaboration and ensures that everyone is on the same page at all times.

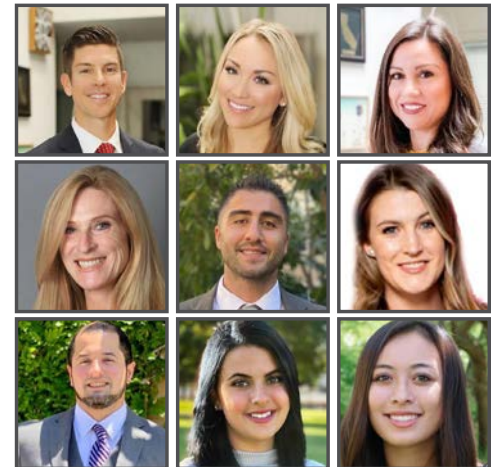
This year, my team members' attitudes have really stood out to me. They've been positive and eager to meet any challenge that has come at them. Each one cares deeply about their cases and about the firm. As amazing as they are at their jobs, I think the most important quality they each possess is that they are truly amazing humans. Despite the challenges the entire legal industry has faced, our team has gotten closer to each other and our clients. We have continued to settle cases and do great work for our clients, and we

have prioritized and encouraged innovative thinking. This is a testament that, if you do the right things for the right reasons, eventually things fall into place.

When people see success, they usually think it's an overnight accomplishment or luck. The CBL team isn't excellent because we got lucky; these people didn't just fall into our lap. We've been grinding at this, searching for the exact people we — especially our clients — needed for years. We kept going until it eventually happened. There are many talented paralegals and attorneys in the world, but it takes a special human with a deep desire to help and serve others to be a part of our team. It's truly exciting that our entire team reflects the firm's core values.

This pandemic has really shown me what our team is made of. There are a lot of people who folded under the pressure, failed to find creative ways to progress and grow, or gave up rather than confronted challenges. But not our team. I've seen this team push harder, showing so much willingness to work together, and it's been super rewarding.

Success never comes as one big hit. Nick Saban, the head football coach of the University of Alabama, talks about this process. He says, it's always about the building blocks — taking one play, one tackle, and one block at a time. The little things we do consistently over time are the ones that yield the most rewards. When I try to think about one moment that stands out, I can't pinpoint just one. Our team has worked so hard to



ensure our clients are taken care of and that the firm continues to operate full steam ahead.

When the pandemic first hit, there was a lot of uncertainty, but no one wavered. Everyone here has worked so diligently every day, and our team has done so well — taking each day as it comes, grinding through even the most tedious work. And it's been hard to do this, especially while working from home, which can be difficult as we also adjust to a new way of living with more restrictions.

I've written it a few times now, and I'm not afraid to write it again: I'm so thankful for how this team came together and for their unwavering spirits in this difficult time. I know that with my team working by my side, we can go above and beyond for our clients.

To all my team members, I want to say thank you for everything you've done and for everything you continue to do!

-Case Barnett

WHAT IS FAMILY BURNOUT

And How Do I Prevent It From Affecting My Family?

According to one study from 2018, over half of all parents surveyed were experiencing some form of burnout (i.e., exhaustion, cynicism, lack of professional satisfaction, etc.) — and that was before the pandemic. Now, as the world enters the eighth month of the coronavirus pandemic, many parents are working from home or dealing with unemployment, and many children are doing school online. Families are spending a lot of time together at home, balancing new routines — and that's led to *family* burnout.

When you experience “family burnout,” the kind of exhaustion that comes from spending too much time with family, it manifests itself as physical and emotional exhaustion, an inability to handle usual tasks, and increased irritability. The more demanding your work and home responsibilities are, the more susceptible you are to family burnout. Single parents are especially susceptible, but burnout can drastically affect romantic relationships and even children. Most people are not used to spending so much time together at home.

With all that in mind, don't worry — family burnout is preventable. It starts with creating a balance between work and rest. While it might feel like you don't have a moment to spare between work and taking care of the kiddos in the house, identifying those spare moments in your day is absolutely necessary for your health.

Establish a routine that defines time for work, sleep, studying, and other tasks. You'll then move from task to task easier, leaving less room for conflict between others in the household. You'll also see more clearly when you can rest!

Those breaks don't have to be anything special — a 15-minute walk by yourself outside or a 30-minute stretch with a good book in a comfy chair. Find time to let your kids have a break, too, like playing their favorite games, reading their favorite books, or playing outside. You'll all feel more refreshed to tackle the remaining tasks of the day.

Even though you can prevent or minimize burnout through a more balanced routine, sometimes that's not enough. Don't be afraid to ask for help when you need it. Family therapy can be immensely helpful for maintaining your mental health when your own attempts need a boost. These are unique times, so be patient with yourself and your family as you cope with new challenges and routines. Burnout doesn't have to be inevitable.



OUR CLIENTS SAY IT BEST

“I was referred to Case by a very good friend who told me he is an amazing attorney. Needing legal advice is not always comfortable and yet after speaking with Case Barnett, I have changed my mind. He is such a kind person you forget you are speaking to him about an unfortunate situation because he makes you feel so much at ease. He is professional and very informative. Case and his team are so responsive to phone calls and emails. Case has even given his cellphone number for after office hours if needed. I can't say enough about Case Barnett Law. They always have your best interest at heart and are honest and trustworthy. As a business owner, employee, family member and/or friend, it's important to know there is a knowledgeable professional to assist you with the much confusing law! I am so grateful to have Case Barnett Law in my court! I would recommend Case to everyone I know!”

-Sheri B.



New Firm Communication Policy: We now have an attorney answering our phone! That's right, we have done away with the traditional legal secretary role, and we have our managing attorney, Rachele Staley, taking your calls. We want you to have access to an attorney whenever you need it. Now, if your attorney is in court or at a deposition, you can still chat with our managing attorney, who knows all of the details of your case. Of course, you can still call your attorneys and paralegals directly on their individual phone lines as well. Main Office: 949-565-2993 Case: 949.861.2990 Jamal: 949.234.8131 Dena: 818.269.1302 Paige: 949.891.0279 Gio: 949.482.1414

Team Member Spotlight:

JAMAL MAHMOOD

Fearless, Caring, and Exceptional

For this month's team member spotlight article, we want to feature attorney Jamal Mahmood. There are many words that describe Jamal, but tenacious, fearless, bold, and caring are just a few big ones. He is someone who loves helping his clients find the best possible solutions in their cases and takes pride in the work he does as a personal injury attorney.



Jamal is someone who demands a lot from himself and inspires and encourages others to do the same because he understands what it means for the client. Bringing all our skills and experience into each case ensures that our clients are getting the best representation we can offer, and that brings out the best in all those around him. His fearlessness demands excellence, especially when he comes face to face with the opposition.

When Jamal takes on a case, he isn't weighed down by insurance companies' explanations. Too often, we hear the same excuses from these companies, and Jamal doesn't let them get away with it. People can often sense this in a person, and it's that feeling that gets more cases settled for higher sums. An insurance company knows they can't get away with their poorly constructed excuses with attorneys such as Jamal leading the case.

In order to be the best that he can be, Jamal is also always going a step beyond in learning and education. He is an individual who loves to learn as much as possible about the law and the processes behind it.

"I've never seen someone do so many webinars on his own time," adds Case Barnett. "He's reading books; he's just thirsting for the knowledge, and that makes him so good. He learns from so many different sources. I think that takes an amount of humility. There are some people out there who become set in their ways and don't seek out new knowledge — that is not Jamal. Jamal is learning and growing all the time."

With Jamal fighting at our side and facing down greedy corporations with an unwavering heart, our clients can rest assured knowing they are well looked after.



ZESTY ORANGE CRANBERRY SAUCE

Inspired by OnceUponaChef.com

Skip the can-shaped cranberry sauce this year and bring a jar of homemade sauce to Thanksgiving instead. This easy recipe can be made ahead of the big event and keeps for 10 days in the fridge.

Ingredients

- 1/2 cup orange juice, freshly squeezed
- 1/2 cup water
- 3/4 cup plus 2 tbsp sugar
- 12 oz fresh cranberries
- 2 tsp orange zest
- Salt to taste

Directions

1. In a medium saucepan, heat the orange juice, water, and sugar to a boil. Add other ingredients, then bring mixture back to boiling.
2. Reduce the heat to medium and cook gently for 10-12 minutes, until the cranberries burst.
3. Transfer the sauce to a bowl or jar, cover, and refrigerate until serving.

This publication is intended to educate the general public about personal injury and elder abuse. It is not intended to be legal advice. Every case is different.

245 Fischer Avenue, Suite B4
Costa Mesa, CA 92626



INSIDE THIS ISSUE:

Page 1

The Team That Works Beside Me

Page 2

What Is Family Burnout, and How Do I Prevent It?

Our Clients Say It Best

Page 3

An Unwavering Heart

Zesty Orange Cranberry Sauce

Page 4

Top 5 Healthy Life Hacks to Have an Awesome Morning



TOP 5 HEALTHY LIFE HACKS TO HAVE AN AWESOME MORNING

Getting your day started with coffee isn't always enough. Sometimes, you need to give yourself an extra boost, especially when you have little energy or trouble focusing. For an awesome start to your day, here are five tips to get you going right off the bat.

WAKE UP 5 MINUTES EARLY.

What's the power of five minutes? It can be more than you think. Spend this time doing simple breathing exercises or a quick meditation so you can get focused for the rest of the day. If that's not your style, you can prepare a quick to-do list for your day ahead. Either way, it's always nice to have a little extra time for yourself without losing too much sleep.

START WITH GREEN TEA, THEN COFFEE.

A cup of coffee at 7 a.m. can leave you burned out by 10 a.m. Try swapping it

with green tea for a more gentle wake-up call. After that, you can brew your favorite coffee to keep you going strong. This practice also might help you consume less caffeine overall!

TAKE A QUICK MORNING WALK — AND HAVE YOUR MEETINGS ON THE GO.

Morning meetings can make us want to fall asleep again. Don't spend all of them sitting down if you don't have to! Not only will morning walks help you wake up, but they can also add some extra physical activity to your day.

WRITE IN YOUR JOURNAL.

Who says you have to journal at the end of the day when you're tired and ready to sleep? You can journal in the morning about what happened yesterday and the things you're looking forward to that day.



Journaling can remind you of your daily goals and motivate you to stick to your commitments.

PACK YOUR LUNCH (OR SNACKS!).

Staying on track with your goals starts with having the energy to do them. Plan a healthy balance of fats, vegetables, carbohydrates, and proteins. This can be as simple as assembling dips, carrots, wraps, and salads each morning.

It's time to try these tactics to jump-start your day!