



# Family Matters

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## Note from Kendelle

At Pier Law and Mediation, as a resolution for 2022, we are implementing new habits every month in our day-to-day routines. Having good habits helps us to have discipline, order, clarity, and stability, among many other good things.

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## Introducing our new FREE eBook

The Family Court Process in 10 Steps - The Pier Law & Mediation Way



## Home Office Ergonomics

More people have been working from home in the past few years, and this trend is likely to continue even after the pandemic eases. If you work remotely, it's vital to reduce the risk of back pain and other injuries by making sure that your home office space is ergonomically sound.

Here are some tips for staying safe and healthy while working from home:

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## Spring Family Activities

Warmer weather is approaching and pandemic-related restrictions are easing. These present a great opportunity to spend some time with your children and enjoy a variety of activities. Here are a few ideas:

- Take a hike
- Visit a museum
- Go Skiing
- Easter Eggs
- Biking

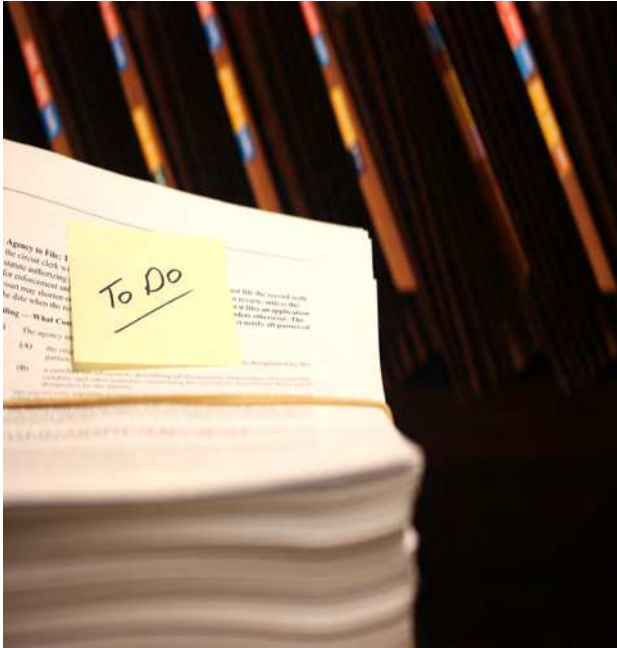
These are just a few ideas. If you consider your children's interests and hobbies, you can find the perfect spring activity for them.

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## A Note From Kendelle

As we start a new season, and spring arrives, routines may begin to change. At Pier Law and Mediation, as a resolution for 2022, we are implementing new habits every month in our day-to-day routines. Having good habits helps us to have discipline, order, clarity, and stability, among many other good things.



At Pier Law, we decided to start the year with a new habit that we created: the "Priority Hour." We each set aside time of approximately 90 minutes a day, without distraction, where we each advance our tasks on our respective to-do lists. We don't answer phones, interrupt each other, or engage in any other activity other than the task in front of us.

This habit has specific rules and conditions which must be met in order to ensure its success:

1. Each member can choose which time of day they wish to schedule their "priority hour," but, it must always be the same time every day. If someone wants to make a change, they must notify the team.
2. Everyone at the firm must respect the "priority hour" of other team members. We notify the team of each employee's "priority hour" by email and by way of a printed schedule. Further, everyone has a desk sign they can display during their priority to alert others to avoid unnecessarily distractions.

Indeed, there may be emergencies and last-minute tasks, but as much as possible, we hope that each member of the team can take advantage of those 90 minutes a day.

3. Everyone has an accountability partner. We want to motivate ourselves and make sure that we implement this habit daily. Every week, we report to our accountability partner our compliance efforts, successes and challenges.

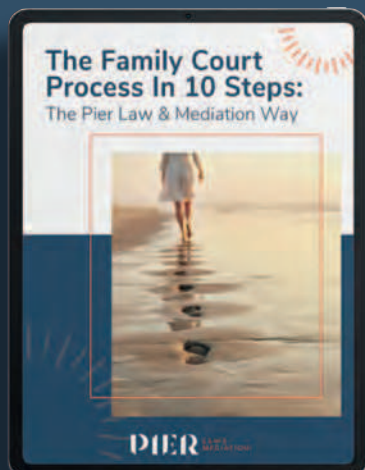
It's been a couple of months since we began implementing this new habit at Pier Law, and it has been beneficial to everyone. Productivity has increased, and we are getting more work done, faster and more efficiently!

I invite you to start your own "priority hour" habit daily, whether for work or for personal productivity. I assure you that it will help you advance those tasks on your to-do list, reduce stress and increase satisfaction!

Do you have a daily habit that helps with your productivity? If so, please reach out and tell me about it! I'd love to connect with you over coffee or lunch!

***We are what we repeatedly do.***

In conclusion, I share one of my favorite quotes: ***Excellence, then, is not an act but a habit.***  
-Aristotle



### INTRODUCING OUR FREE EBOOK

## The Family Court Process in 10 Steps

The Pier Law & Mediation Way

This eBook highlights the **10-steps** that **Pier Law & Mediation** approach to **conflict resolution in family courts**. You will see how Pier Law & Mediation continues to rely on **out-of-court resolution tools and methods**, such as **negotiation and mediation**, even once you have started a court action.

Download it now:

<https://pierfamilylawyers.com/resources/free-ebooks/>



# Home office ergonomics

More people have been working from home in the past few years, and this trend is likely to continue even after the pandemic eases. If you work remotely, it's vital to reduce the risk of back pain and other injuries by making sure that your home office space is ergonomically sound.

Let's face it. Your dining room table was designed for family meals, not for you to sit at your computer all day, typing emails and having online meetings.

Here are some tips for staying safe and healthy while working from home:

- **Dedicated office:** If you have enough space in your home, set up your office in a separate room. This space provides you with psychological separation of work and family life to leave your work stresses behind at 5 pm.
- **Ergonomic chair:** Using a dining room chair for work results in awkward posture and can lead to back injuries. Invest in a good office chair to be comfortable sitting all day.
- **Computer stand:** If you use a laptop, you can purchase a stand for it for as little as \$25. Having your computer in a stand changes the line of sight to look straight at the screen and maintain good posture.
- **Ergonomic keyboard:** You will need an ergonomic keyboard to sit on your desk when you put your keyboard on a stand. This keyboard will be more comfortable for your hands if you do a lot of typing, reducing the risk of repetitive strain injury.

If your employer requires you to work from home, ask them to provide financial reimbursement for these costs. It's in their interest to ensure that you remain productive and healthy. If your company doesn't help, consider investing yourself – it will be worth it to maintain your health.



In addition, you can claim a tax deduction if you have been working from home due to covid. The Canada Revenue Agency allows you to write off \$500 for office expenses. Best of all, you don't have to provide any receipts.

To stay healthy, be sure to take breaks from sitting all day. You may be able to participate in one or two Zoom meetings while standing up.

Try to get up from your desk every hour and spend five minutes stretching or taking a short walk.

Good ergonomics can positively impact both your physical and mental health. If you are in pain, it can contribute to depression. The key is to be proactive by setting up a proper home office and maintaining good posture.

# Spring Family Activities



Warmer weather is approaching, and pandemic-related restrictions are easing. These present a fantastic opportunity to spend some time with your children and enjoy a variety of activities. Here are a few ideas:

- **Take a hike**

The Vancouver area is filled with beautiful places to hike, whether you are looking for an easy stroll or a more challenging workout. Kids love being active and exploring mountains and forests. Time together as a family builds bonds and creates long-lasting memories. Pack a picnic lunch or stop at a roadside food truck to complete the day. This is a great low-cost outing.

- **Visit a museum**

During the past couple of years, a lot of museums have been closed or have restricted access. Now most are open again – giving you the chance to explore and learn about the Province's rich history.

For example, the Vancouver Maritime Museum delves into local seafaring lore and features some beautiful wooden vessels of days past. If your kids are highly active, a traditional museum may seem stuffy. However, the Maritime Museum lets them explore outdoors and see the vessel docked in Kitsilano. One of the key attractions is the RCMP Arctic exploration ship the St. Roch.

- **Go skiing**

British Columbia has some of the best ski resorts in North America and there is still plenty of time to enjoy them before the snow melts. Spring skiing offers great snow conditions with the bonus of warmer temperatures for a more comfortable experience.

- **Easter Eggs**

Easter Sunday is on April 17, but you can start having fun anytime. Kids love painting and decorating Easter eggs. You can also have them decorate Easter baskets with bows, ribbons, and drawings. Easter activities can be adapted easily to the age of your children.

- **Biking**

Kids enjoy the freedom of exploring on their bikes and there is a wide range of opportunities nearby. Simply take an afternoon and head out on a local bike path. Or make a weekend out of it and take your bikes into the BC interior.

For experienced cyclists who are comfortable with highway riding, you can tackle the Gold Rush Trail. It's a 472-km journey from Lillooet to Barkerville, with plenty of history thrown in. Along the way, you can camp out under the stars.

These are just a few ideas. If you consider your children's interests and hobbies, you can find the perfect spring activity for them.



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