

FAMILY MATTERS

BC's Trusted Legal Resource for Families in Transition

2023 Issue 1

A Note From Kendelle

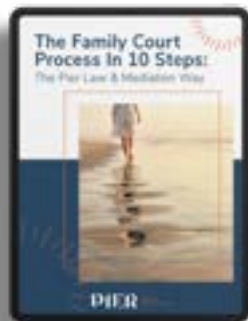
PAGE 2

Divorce in British Columbia

PAGE 2

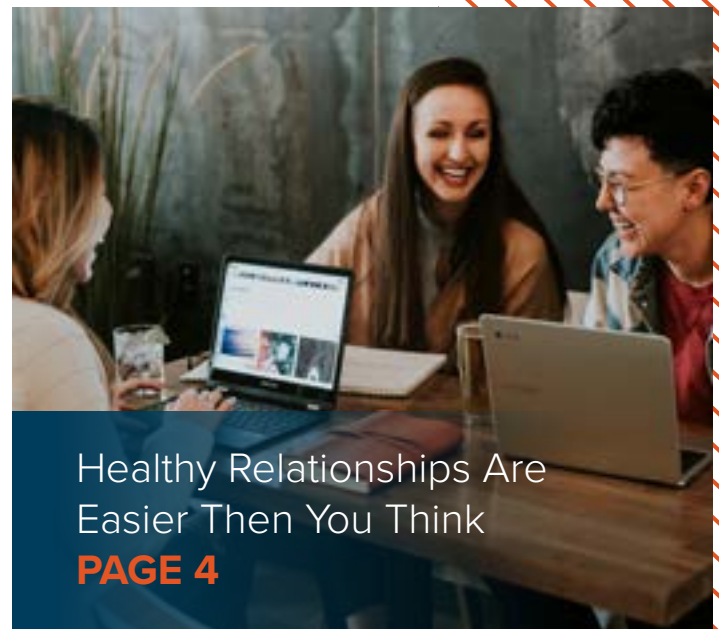
Staying Productive

PAGE 3



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Healthy Relationships Are Easier Than You Think

PAGE 4

A NOTE FROM KENDELLE

It's the start of the new year and we all have so many things to look forward to; birthdays, anniversaries, travel, new relationships, re-connecting with old relationships, the list goes on. In 2023, one of the things that I am really looking forward to is the next chapter for Pier Law & Mediation. As you read about in the last issue of Family Matters, we are moving into a new office space in Spring 2023, but we are also looking to grow the firm and bring in some very talented people to join the team.

On a more personal note, I have been quietly working on a book that will help those through the divorce process here in British Columbia. It has been a passion project for some time, and I am truly excited to have it available in the real world.

I hope that you are just as excited as we are about the new year and its endless possibilities.



DIVORCE IN BRITISH COLUMBIA

You are not alone in your divorce or separation: every year, thousands of British Columbians file for divorce and even more are at various stages of separating from their spouse.

BC Family Law is largely governed by the provincial **BC Family Law Act** and the federal **Divorce Act**.

In order to draw on the law in either the Family Law Act or the Divorce Act, you must first **meet the definition of 'spouse'** under the applicable legislation.

There are 3 levels of courts in British Columbia: **Provincial Court, Supreme Court and the Court of Appeal**. Additionally, there is the Supreme Court of Canada.

The Provincial Court of BC is designed to be a more user-friendly court system, but has **no jurisdiction** to grant a divorce or deal with property matters between separating spouses.



The Supreme Court of BC, on the other hand, has **inherent jurisdiction** which means it has authority to deal with all legal issues between separating spouses, including the granting of a divorce and dealing with property division, unless it is specifically prohibited by legislation or the Constitution.

The BC Court of Appeal is our **highest appeals court** in BC. The Supreme Court of Canada is the highest appeals court in the country.

STAYING PRODUCTIVE

One of the biggest obstacles to working from home is how to stay productive. It can be easy to get distracted from that task you have been putting off by doing some laundry, fitting in a quick grocery shop, watching some TV while you work, or even playing with the dogs. Fortunately, with a couple easy tips, you will be able to stay on task, reach your goals and surprise yourself with how much you get done. Best of all, these tips can help you not only work from home, but from the office too.

The most important Meal

In 2014, the Harvard Business Review published an article that says food has a direct impact on our cognitive performance. Trying to concentrate on an empty stomach can be difficult because our bodies require glucose which provides the energy our brains need to stay alert and focused. Eating nutrient-rich, healthy foods will fuel your brain, and give you the resources to focus.

Plan the day ahead of time

A lot can happen during the day that can make us feel disorganized and like we've landed in the middle of a hurricane. The best way to combat this is to create a list of tasks to complete, and it is best to list them in order of priority. This will allow you to stay on task and not lose valuable time trying to figure out what to do next. Adding items to your list and re-arranging as your day goes can also keep you up to date.

Take a break

We all have been guilty of becoming so focused at the task at hand that we forget to take a break. Stop it! It

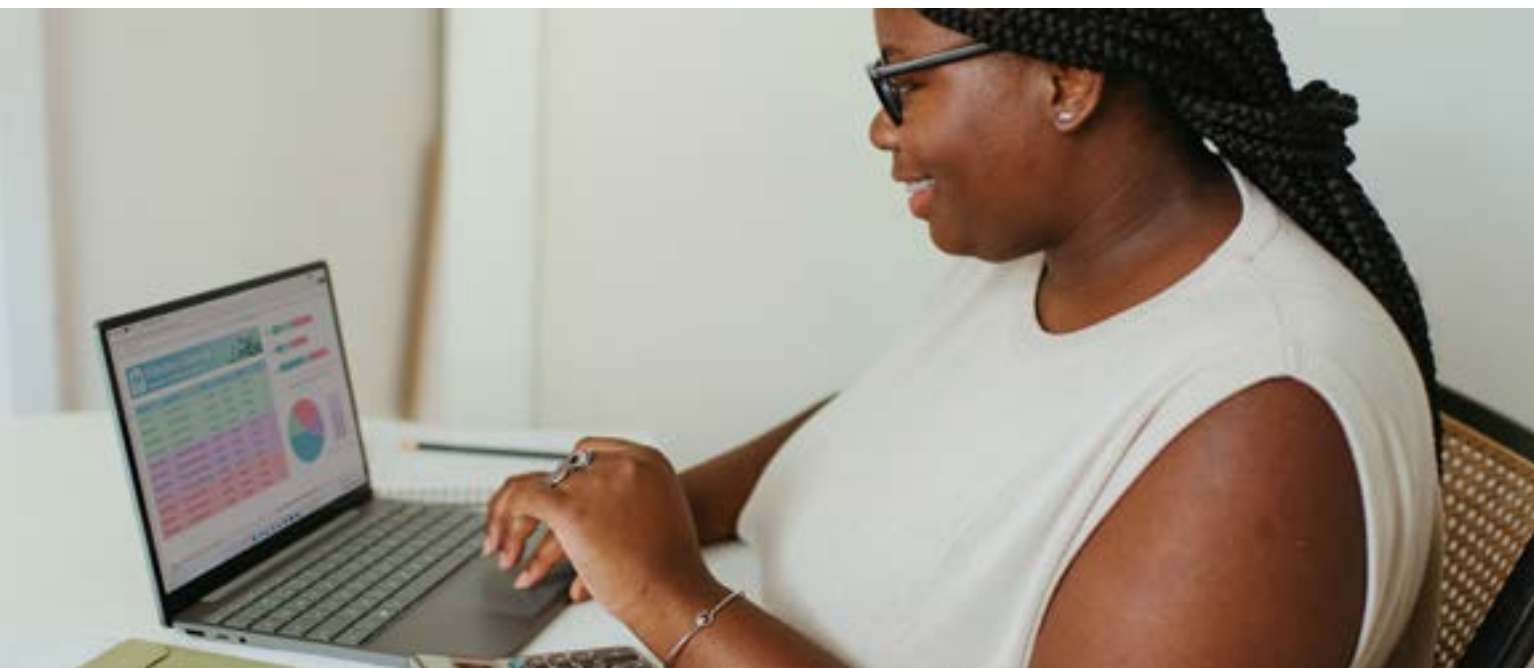
is important to step away from your task and unwind. This will allow you to clear your mind and return with a renewed focus. That may be having lunch (preferably away from your desk!), grabbing a coffee, or a quick walk around the office. Make sure whatever you do leaves you refreshed.

Avoid Multitasking

Multitasking has long been seen as a desirable soft skill. However, in a 2017 study from the National Library of Medicine, only 2.5% of people can multitask effectively. For the majority of us, when we try to multitask our brains are “task-switching” between tasks and ultimately decrease our overall performance in both speed and accuracy.

Done not Perfect

“Perfect is the enemy of good.” - Voltaire. Nothing is ever going to be perfect, especially on the first attempt. Studies have found that perfectionists have much higher levels of stress, burnout, anxiety, and depression. While it is important to have standards and take pride in your work, it is more important to get the task done on time and move onto the next.



HEALTHY RELATIONSHIPS ARE EASIER THAN YOU THINK

Relationships aren't always easy. To maintain a healthy and rewarding relationship it takes understanding, communication, and appreciation of one another.

Whether it is your relationship with a family member, a friend, or someone at work, a little effort can go a long way. If you are feel your relationships could use some T.L.C. here are a couple tips that are worth the effort.

Be More Understanding & Less Judgemental

We've all been there. We see someone making a decision that we think is dumb, or we witness someone acting in a way that we would never dream of acting, and we can't help but judge them. It's human nature, but it's important to try to be more understanding and less judgemental. After all, we don't know what another person is going through or what their life experience has been. Instead of judging them, put yourself in their shoes and try to see things from their perspective.

Be Clear & Concise

In our fast-paced, constantly-connected world, it's more important than ever to be able to communicate effectively. Whether you're sending a text, an email, or having coffee with a friend, being clear and concise in your messages is crucial. When your communication is clear, your message is less likely to be misunderstood. So next time you need to communicate something, take a moment to think about how you can state your message clearly and concisely.

Don't Bottle Up Your Feelings

We've all been there - something happens that bothers us. Maybe we're afraid of what other people will think,

or maybe we're just not used to talking about our feelings and instead of talking about it, we bottle it up. But bottling up our emotions can have a negative impact on our mental and physical health. When we hold in our feelings, they can start to eat away at us, leading to anxiety, depression, and even physical illness. So next time something bothers you, don't keep it to yourself - reach out to a friend or family member and talk about it.

Spend More Time Together

One of the best ways to strengthen a relationship is to spend more time together doing things that you both enjoy. The important thing is that you are both engaged in the activity and enjoying each other's company. When you are both having fun, it's easy to forget about any disagreements and just focus on the positive. In addition, shared experiences can help to create new memories and inside jokes that will further bond you to one another.

Show appreciation for one another on a regular basis

One of the simplest and most effective ways to show appreciation is to say, "thank you." Whether it's for a thoughtful gesture, a favor, or a job well done, take the time to express your gratitude. You can also show your appreciation by doing something nice for someone else. Cook a meal, a pat on the back, run an errand, or offer your help with a project. Small acts of kindness can go a long way in showing how much you care. Taking the time to show appreciation on a regular basis can help to build strong relationships and create a more positive environment.



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