



NHLAP
NEW HAMPSHIRE



January 2021 Newsletter

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603-491-0282

WELCOME 2021

The passing of 2020 could not come soon enough for me. The year that brought us toilet paper hoarding, the decade that was May, Apocalypse Bingo, and the “shirt and tie with pajama bottoms and slipper socks” work ensemble is finally in the rear-view mirror. This is not to downplay the seriousness of what we have collectively endured. It is so overwhelming that if I did not retain my gallows sense of humor, I don’t know if I could have made it through the past 12 months without acute psychiatric intervention. I say that in complete and utter seriousness.

If this past year has demonstrated anything, it is the absolute truth of the adage “there is no light without the darkness.” The COVID-19 Pandemic brought home the human need for touch, inclusion, and community like nothing before it. As we soldier through the eleventh month of “social distancing” after skipping Passover Seder, Thanksgiving dinner, Christmas Mass, and News Years’ Eve in Times Square, we know that the human soul requires the company of others. We need the sharing of a joyful hug, a toast to better times and a shared laugh. Zoom doesn’t quite cut it. This reminder of what is essential and even useful if we take the time to stop, acknowledge and honor that knowledge with positive action.

We also have endured a lesson in the need to pay attention to mental health in a way that could not be taught otherwise. Isolation is often not a friend to human beings. Isolation can allow us sink into despair while cultivating the worst of possible coping skills—drinking, pornography, gambling or simply allowing ourselves to give up. For those of us who have struggled with mental health issues before the pandemic, the news is not new: ***There is No Health without Mental Health.*** So many more of us viscerally understand this as we watch our loved ones suffering from malaise, lack of motivation and anxiety. Many have never suffered from these for any length of time before. Some are finally recognizing these symptoms in themselves for the first time. There is a universal understanding that mental health is not an issue for “others” because our

kids have been stuck in remote learning without sports, dances, or clubs. Our parents have been asked to live without the touch of their grandchildren or the togetherness of birthdays and holidays. Many hardworking professionals are wondering for the first time how long their income will hold out if they have one at all. We collectively feel the need to destigmatize those suffering from overwhelm, sadness, anxiety, and fear. Now we understand that mental health is an issue for all of us. Help is found in compassion and empathy. Help is also found in qualified, competent medical professionals.

Because of the battering we have all sustained this past year, I sincerely hope that we will be easier on ourselves in 2021. Instead of making guilt-ridden resolutions, make a promise to yourself to be kind TO YOURSELF. Get enough rest. Your brain will thank you. Consciously decide to eat well, even if it is just one meal each day. Its surprising how fast a positive habit can form. Engage in things that make you happy: call a friend you haven’t heard from in a while; buy yourself some flowers at the market; write a poem, draw, or play an instrument- it’s hard to be negative while engaging the creative mind. Read or watch something funny. A good laugh works miracles. Put away your phone for at least an hour a day. Stop watching the news obsessively. There is no countering the relentless negative energy. Don’t argue with strangers on social media. It does nothing but amplify the rancor and make you angry in the process.

Most importantly, hug those in your social distancing circle and hug them a lot. Each hug releases oxytocin which makes you both feel better. But what it really does is bond you closer to those you love. Smile more. Say thank you more. This is the type of resolution to make leaves you happier and more content rather than guilty or frustrated. 2020 took a great deal from all of us. Use the lessons of 2020 to create a meaningful and balanced 2021.

Terri Harrington, Esq.
Executive Director, NHLAP



(YES. Another Year, Another)
**COVID-19 JANUARY
UPDATE**

MASKS ARE STILL MANDATED New Hampshire now legally requires all persons to wear masks or cloth face coverings when in public spaces without physical distancing. The order defines public spaces to “any private or public property that is generally open or accessible to members of the general public.” The mandate remains in effect until January 15, 2021.

The order contains nine specific exemptions including “any person with a medical condition or disability that prevents wearing a mask or other face covering.” There is NO EXEMPTION for making a political statement or general first amendment statement as to the reasonableness of the mask mandate. However, there is language in § 6 which states that no one is required to produce documentation or other evidence of any condition that requires a person to decline to wear a mask.

TRAVEL IS RESTRICTED The general rule is once again stay at home. If you must travel outside of NH (except for VT or ME) you must self-quarantine for 14 days. Self-quarantine may be shorted to 7 days with a negative COVID 19 test result. If you are sick with COVID symptoms or receive a positive COVID 19 test result you must self-isolate until 10 days have passed since first symptomatic AND 24 hours without fever. These travel restrictions remain in effect until January 15, 2021.

ITS NOT TOO LATE Get Your Flu Shot! Different strains of influenza viruses circulate every year. The flu shot does not cover every possible strain, only those likely to circulate this flu season. The flu shot only covers influenza and not COVID-19. However, the coronavirus (SARS-CoV-2) and influenza have many similarities. It may be hard to tell the difference without specific testing.

[More on Testing Site Locations Here](#) NH Health Commissioner Lori Shibinette is encouraging anyone who wants to be tested to get tested. The tests may be scheduled through the state’s portal website. [Click Here for Testing Registration](#)

[NH Governor Chris Sununu’s Emergency Orders Related to Covid-19.](#) All orders to date, chronological, with links to full written text. [Find Link Here](#)



THE JUDICIARY issued its Fourteenth Renewed Emergency Order on January 7, 2021 *extending and modifying existing restrictions to all courthouses until FEBRUARY 1, 2021.*

In person proceedings at the NH Supreme Court are suspended in-person oral arguments with orders to utilize technology instead.

In person proceedings at NH Superior Courts remain suspended with specific exemptions. (See order for list of exemptions)

In person proceedings at NH Circuit Courts remain suspended with specific exemptions. (See order for list of exemptions.)

[Full NH Judicial Branch Information and Links Here](#)

Sources for COVID-19 Update:

Governor Sununu’s Emergency Order #74 (Mask Mandate) pursuant to Executive Order 2020-04 as extended by Executive Order, 2020-05, 2020-08, 2020-09, 2020-10, 2020-14, 2020-15, 2020-16, 2020-17 and 2020-81, 2020-20, 2020-21. www.governor.nh.gov, November 19, 2020

Governor Sununu’s Emergency Order #72 (Extending Travel Restrictions) pursuant to Executive Order 2020-04 as extended by Executive Order, 2020-05, 2020-08, 2020-09, 2020-10, 2020-14, 2020-15, 2020-16, 2020-17 and 2020-81, 2020-20, 2020-21: An Order Extending Emergency Order #52, www.governor.nh.gov, November 14, 2020



FOCUS ON ADDICTION

Experts find that online gambling and gaming addictions are on the rise since the start of the COVID-19 lockdowns. Social isolation combined with stress over monetary concerns plays large roles in driving this increase. Unlike drugs or alcohol, there are no medications approved to combat these addictions. Individual therapy combined with cognitive behavioral therapy can be very helpful in getting this addictions under control.

Gambling and gaming are “process addictions.” These types of addictions are driven by compulsive behavior. The compulsion to continually engage in a particular activity despite the negative impact on a person’s life defines a behavioral or process addiction. A psychological reward (a “high”) accompanies the initial engagement with the process, but later guilt, remorse and negative consequences set in. People with behavioral addictions cannot stop repeating the behavior for any length of time without professional intervention.

There are many process addictions. These include sex, shopping, gambling, gaming, food, and exercise. The difference between enjoying any one of these activities and being addicted to engaging in it is a matter of degree coupled with consequences. An addict with a process addiction often: 1.) Struggles with mental or physical health issues as a consequence; 2.) Prioritizes the activity over obligations and significant relationships; 3.) Suffers practical negative consequences such as job loss, financial loss, or loss of relationships; and 4.) Cannot stop even when suffering negative consequences.

If you think you need help with a process addiction, please don’t wait. Contact NHLAP for help. You are not alone.

603-491-0282

Sources: *Behavioral Addictions*, by Editorial Staff, www.americanaddictioncenters.org, 12/15/2020.

Online Gambling, Gaming Addition Has Increased During COVID-19, by Amy Jamieson, www.healthline.com, 11/18/2020.

Lawyers Concerned for Lawyers Virtual Peer Support



LCL January Meeting Thurs, Jan 21, 2021 6:00 PM

Join Zoom Meeting

<https://zoom.us/j/2219609282?pwd=R2dxdDZINUV6bng5OEt4U3B2dDExZz09>

OR

[FOLLOW THIS LINK TO JOIN MEETING](#)

Meeting ID: 221 960 9282

Passcode: **NewYear21**

One tap mobile

+16465588656# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 221 960 9282

Passcode: 956346768 (Dial In Only)

Find your local number: <https://zoom.us/u/acAJVZmezR>



FOCUS ON MENTAL HEALTH *Your Well-Being To-Do List for 2021*

1. Schedule an Annual Physical and Schedule a Dental Check-Up

Self-Care starts with self-knowledge. The fastest and most accurate way to assess your physical health is with a doctor. Knowing your blood pressure, your cholesterol levels and your BMI will all help you make informed choices for better health. Do not neglect a dental checkup: dentists can spot potential health issues from examining your mouth, tongue, and gums.

2. Write Down Your Goals for 2021

Everyone has some type of goal in mind at the start of a new year. To help actualize your goals, write them down. Your goals could focus on your career, your relationships, or your health. Seeing your goals in print makes them concrete and better positions you to create an achievable action plan. You can even add action steps to your weekly calendar to help keep you focused on whatever you have set as your goal.

3. Pay Attention to Your State of Mental Health

There is no health without mental health! Check in with yourself regularly. If you are feeling overwhelmed, discouraged, anxious, having trouble sleeping or concentrating, there is probably some mental health issue that needs to be addressed. Don't ignore how you feel.

4. Check-In on Your Relationships

Take time to think about those that are most important to you. Are you making enough time and expending enough effort to keep those relationships healthy? It's essential in this time of isolation to have a ready support system. Don't take those who care about you for granted.

5. Eat Well

2021 is not the time to take up a restrictive diet. It is time to examine what you eat and why you eat it. Try focusing on one meal or snack each day. Focus on fresh fruit and vegetables, whole grains and unprocessed food. Give yourself permission to take extra time to plan and prepare at least one meal a day.

6. Get Moving

15 minutes. That's all you need to start. You don't need to commit to running a marathon. Just 15 minutes every day. No excuses. Get outside and walk. Jump rope in the garage. Dance in the kitchen. Do jumping jacks on your bed. Just get moving.



NHLAP Mental Health Peer Support January Meeting

Wed., Jan. 13, 2021 6:00 PM

Join Zoom Meeting

[FOLLOW THIS LINK TO JOIN](#)

OR

<https://zoom.us/j/98612815667?pwd=YzZQZE4wSmhxc1J2Q3lVRS9KbFZXZz09>

Meeting ID: 986 1281 5667

Passcode: **Welcome21**

One tap mobile

+16465588656# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 986 1281 5667

Passcode: 476667745 (Dial In Only)

Find your local number: <https://zoom.us/u/ajlgn7YEC>

7. Change Up Your Space

Is your workspace a mess? Declutter and organize. Is your workspace boring or uninspiring? Jazz it up with some personal flair. You don't need an interior design degree to hang some personal photos, add a soothing color to the walls or a colorful carpet under your desk. Is there enough bright light? Plentiful lighting is essential for these dark winter months. Need inspiration? Google "home office" or "workspace ideas" and there is plenty to get you started.