

New Year, New You—Physical and Mental Health Focus



It's 4:50 a.m.—My alarm clock rings and I am quickly out the door. For the past 20 years, I have started my day with a U.S. Navy SEAL-designed workout led by a former SEAL. For the next hour, our civilian group is physically and mentally tested—and ultimately exhausted. For me, it is a great way to start the day.

My teammates in this group include a large number of attorneys. This is the perfect workout for self-driven, determined, and focused type-A personalities—i.e., lawyers. This program does not allow you to be an isolated individual but instead requires each of us to work together as a cohesive unit. I am proud of how my lawyer-colleagues consistently encourage and help others. Lawyers are good team players.

As the start of a new year is a great time to commit to our own physical and mental well-being, I want to focus on three Navy SEAL mantras:



PHOTO COURTESY OF RANDY SORRELS

Randy Sorrels at the SEAL PT Training Program.

- 1. Get comfortable being uncomfortable.** Some of you already are a member of a fitness group or gym. For you, “get comfortable being uncomfortable” means you should get out of your comfort zone. Change up your regular fitness routine. Challenge yourself to improve by doing a little more or a little better each day. That one extra rep, a slightly faster time, or a little longer distance will give you that boost you need to go to the next level. Mentally accept we are not always on the top of the mountain and there will be times when we are in the valley. During that time of discomfort, know with certainty we will get back to the top.
- 2. The only easy day was yesterday.** If you are not as physically active as you want to be (or need to be), today is the day to change that. Yesterday is the past and today offers new opportunities. Today is the day to increase your activity level. Consider getting outdoors for exercise. My program is an outdoor workout involving no equipment. Local gyms are another option. Right now, if you are a member of Costco, there is a half-price special for 24 Hour Fitness (\$430 for a two-year All Club Sport Membership). And if you are not a member of Costco, one of our many State Bar member benefits is a new Costco membership at half-price (pay \$60 for the first year instead of \$120). Go to texasbar.com/costco for more details.
- 3. I will persevere and thrive on adversity.** Each of us is sure to face adversity. But living this SEAL motto is a game changer. We all have the ability to turn the negatives into positives, but it doesn't always happen easily. If you are struggling with a hardship or loss, I encourage you to call our **Texas Lawyers' Assistance Program**—800-343-TLAP (8527)—or text TLAP to 555888. Our trained professionals run one of the best confidential programs in the country. Texas lawyers are great teammates and we will assist anyone who needs help. Don't take on your struggle alone.

This new year brings about new opportunities to put your physical and mental health first. Be encouraged and encourage others. Evolve, grow, and be greatness in action. I believe each one of us will persevere and thrive in 2020.

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