



## COLORADO LAWYER ASSISTANCE PROGRAM

### Does Your Summer Routine Feel Chaotic?

*“I accept chaos. I’m not sure whether it accepts me.” ~ Bob Dylan*

Summer in Colorado is beautiful. There are many opportunities to stop and smell the roses, take a walk, go camping, see a good movie, share a barbeque with friends, or go to the theater. Summer seems like the perfect season to get rest, eat well, and exercise. However, for attorneys, the summer schedule can be tricky because our normal routine becomes disrupted. The amount of sunlight changes, which affects our circadian rhythms and sleep cycle. Those of us with children have to juggle summer camps, sports team practices and games, and plan vacations. Even those who aren’t raising children still have to juggle visits with friends and family, and professional conferences over the weekends. There is just an overall different pace in the summer.

For some, the change in routine can leave us feeling manic, overwhelmingly busy, or even depressed. Just as some people have Seasonal Affective Disorder (SAD) in the winter, some people react to the change in sunlight over the summer with similar symptoms.<sup>1</sup> In addition, because the summer seems like the ideal time to “get healthy,” if our schedule doesn’t allow for a walk or run every day, or home cooked meals every night, we can end up feeling bad about ourselves because we aren’t doing what’s “good” for us. If we set ourselves up for failure because we create unrealistic expectations for ourselves, summertime will quickly lose its appeal.

Create a realistic schedule or routine for yourself so the remaining weeks are spent enjoying the beauty we are lucky enough to have here in Colorado, and schedule not only time for fun, but also time to relax!

*By Sarah Myers, JD, LMFT, LAC*  
*Clinical Director, Colorado Lawyer Assistance Program*  
*June 2016*  
© Colorado Lawyer Assistance Program, 2017

Your Colorado Lawyer Assistance Program provides free and confidential services for judges, lawyers, and law students. If you need resources for ANY issue that is compromising your ability to be a productive member of the legal community, or if there is someone you are concerned about, contact COLAP at (303) 986-3345. For more information about COLAP, please visit [www.coloradolap.org](http://www.coloradolap.org).

---

<sup>1</sup> Jordan Gaines Lewis, “Reverse Seasonal Affective Disorder: SAD in the Summer,” (Jan 2015), <https://www.psychologytoday.com/blog/brain-babble/201501/reverse-seasonal-affective-disorder-sad-in-the-summer>