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**Larson Law Newsletter**  
**April 2026**



*"One small positive thought can change your whole day."*

-Unknown



## April Safety Reminder:

### Distracted Driving Awareness Month

Distracted driving continues to be a serious and preventable danger on our roads. Everyday activities like texting, using social media, adjusting GPS, eating, or even talking on the phone can take your attention away at critical moments. In 2023 alone, distracted driving claimed **3,275 lives**.

April is **Distracted Driving Awareness Month**, making it the perfect time to refocus on safe driving habits.

#### **Simple Ways to Stay Safe**

- Pull over safely if you need to send a text
- Let a passenger handle calls or messages
- Keep your phone out of reach to avoid temptation
- Avoid multitasking behind the wheel

#### **Know the Risks**

You may notice increased law enforcement efforts in April as part of campaigns like “*Put the Phone Away or Pay*,” highlighting both the **life-threatening risks** and potential **legal consequences**, including fines.

#### **Take Action**

- Speak up if someone is driving distracted
- Encourage friends and family to stay focused on the road
- Commit to distraction-free driving—it could save a life

**Bottom line:** When you’re behind the wheel, your only job is to drive.

We encourage you to share this message with your family and friends. Staying alert and making safe choices behind the wheel helps protect not only you, but everyone on the road.



## **Investing in Yourself: A Simple Guide to Feeling Your Best**

Taking care of yourself isn't a luxury—it's essential. Life and health coach Stacy Harmer emphasizes that when you invest in your own well-being, you're better able to show up for your family, your recovery, and your daily life.

Her approach focuses on four key areas:

### **1. Body**

Your physical health impacts everything else. Prioritize:

- Proper nutrition and hydration
- Regular movement
- Quality sleep and rest

### **2. Heart**

Emotional health matters. Instead of ignoring feelings:

- Write or journal your thoughts
- Stay active to release stress
- Talk with someone you trust

### 3. Mind

Your thoughts shape your outcomes. Practice:

- Noticing negative thought patterns
- Reframing them into more positive ones
- Using affirmations to build a healthier mindset

### 4. Spirit

Connection and peace are just as important as physical health. This can include:

- Spending time in nature
- Prayer or quiet reflection
- Activities that bring you calm and purpose

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### The Big Picture

Investing in yourself isn't selfish—it creates a positive ripple effect. When you feel stronger physically, mentally, and emotionally, it benefits everyone around you.

**Bottom line:** Small, consistent efforts in caring for yourself can lead to a healthier, more balanced life.

\*\*Article from Jordan River City Lifestyle by Abi Falin Horspool - learn more about what Stacy does at [VibrantLivingWellness.org](http://VibrantLivingWellness.org), [StacyHarmer.com](http://StacyHarmer.com), or [www.ComeWhatMay.world](http://www.ComeWhatMay.world)

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## Helpful Reminders After an Accident

If you've been involved in an accident, the steps you take afterward can make a big difference in both your recovery and your case.

Here are a few important reminders:

### **1. Follow Your Treatment Plan**

Attend all scheduled appointments and follow your provider's recommendations. Gaps in care can not only slow your recovery but may also impact your claim.

### **2. Be Careful What You Say**

Avoid discussing your injuries or the accident with the at-fault insurance company. They may try to use your statements against you. Always direct them to your attorney.

### **3. Stay Off Social Media**

Posts, photos, or comments can be taken out of context and used to minimize your injuries. It's best to limit activity until your case is resolved.

### **4. Keep Documentation**

Save all receipts, bills, and records related to your accident, including medical visits, prescriptions, and missed work.

### **5. Communicate With Your Attorney**

Keep your legal team updated on your treatment, symptoms, and any changes. The more they know, the better they can advocate for you.

Your health comes first—but protecting your case along the way is just as important.

## We're Here to Help

If you or someone you care about has been injured in an accident, getting good information early can make all the difference. Our firm is committed to guiding clients through the process with clarity, compassion, and strong advocacy every step of the way.

If you have questions or need help, don't hesitate to reach out. We're always happy to talk—even if you're just looking for guidance.



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## April Recipe

### Lemon Herb Chicken & Spring Veggies



Looking for something light, fresh, and simple this spring? This lemon herb chicken paired with seasonal vegetables is full of flavor and perfect for a quick, healthy meal.

#### Ingredients

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 teaspoon dried Italian seasoning
- Salt & pepper to taste
- 1 cup asparagus, trimmed
- 1 cup cherry tomatoes
- 1 zucchini, sliced

#### Instructions

1. Preheat oven to 400°F.

2. In a small bowl, mix olive oil, lemon juice, garlic, and seasoning.
3. Place chicken and vegetables on a baking sheet.
4. Drizzle the lemon mixture evenly over everything.
5. Season with salt and pepper.
6. Bake for 20–25 minutes, or until chicken is fully cooked.

### **Why We Love It**

This dish is packed with lean protein and fresh vegetables—great for supporting recovery, reducing inflammation, and keeping you energized.

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We are truly grateful for the trust you place in us to handle your personal injury needs.

Your referrals mean the world to us—they are the highest compliment we can receive.

If you know someone who could benefit from experienced legal support after an accident, we're here to help them get the care and compensation they deserve.

Rest assured, we'll treat them with the same dedication and respect we've shown you.

Thank you for your confidence in us!

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**HAPPY APRIL FOOLS' DAY FROM ALL OF US AT LARSON LAW!!**



### **We Want to Hear From You!**

Unlike many law firms, **we actually want you to call us** and keep us updated on your case!

If it's been more than 30 days since we last spoke—please reach out. Staying in touch helps us serve you better and make sure nothing slips through the cracks.

Here's what we need to know:

- ✓ **Any updates on your recovery, care, or treatment**
- ✓ **If you've seen a new doctor**
- ✓ **If you've had new imaging like X-rays or MRIs**
- ✓ **If your health insurance has changed**
- ✓ **If your doctor says you've completed treatment**
- ✓ **If you're feeling frustrated with your recovery process**

We're here to guide you through this—but **we need your help** staying informed.

**Call us. Email us. Let's talk.  
We're your team, and communication is key.**

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We'd love for you to join and like our pages!**

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### **Find Us Online**



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