

Ditching the office

It's spring time! The birds are chirping, the bees are buzzing, and you are missing it all because you never leave the office. Well, it's time to ditch the office and get outside for some fresh air. You say you have a lot of work to do? You must have misunderstood me. I didn't say ditch your work. I said ditch the office. With a laptop, a smartphone and a convenient legal time tracking and billing program, you have all the ingredients for a productive afternoon in your favorite outdoor location.

According to an article by [Entrepreneur Magazine](#), constantly being indoors can lead to depression and anxiety. Those four walls can also stifle your creativity, making you less productive for your practice and your clients. Switching up your surroundings provides benefits for your mind, as well as your body.

Stress reduction

There's just something about the serenity of nature that relaxes even the most uptight lawyer in the world. Scientists have consistently praised the benefits of the great outdoors and the calming effect it has on folks. They say that getting outside has a restorative effect, taking you away from the stressors and negative thoughts that tend to crowd our brains. Think of it as a welcome distraction that could lower your blood pressure and add some years back on to your life.

Boost to the brain

I recently read a really interesting article in [National Geographic](#) that explored various studies about the effect of nature on the functions of the brain. One researcher hypothesized that being in nature tones down the

overworked command center of the brain, allowing for the sensory and creative areas to take over. He said that this ultimately leads to better overall mental performance. Another researcher opined that nature influences us to stop focusing on negative thoughts, making room for more positive reinforcement. Whatever the science behind it, they all agreed that nature provides a powerful boost to the brain and I agree.

With a cloud based time tracking and legal billing software like TimeSolv, taking your work to the nearest park is no problem at all. The mobile app allows you to track your time from anywhere in the world, even if there's no internet connection. There's a real time tracker, so accurate time tracking is only a click away. Start [here](#) to learn more about TimeSolv's mobility features.

If nothing in this post moves you to venture outside, at least bring some nature inside. A few plants in the office, along with a small water feature can help boost your mood and clean the air that you are breathing in for eight (or more) hours a day. Plus, they make your office more comfortable and homey, which also works to relieve stress and bring a little happiness into your work. If nothing else, at least take a stroll to the nearest window once in awhile.

About Erika Winston:

Erika Winston is a freelance writer with a passion for law. Through her business, The Legal Writing Studio, she helps legal professionals deliver effective written messages. Erika is a regular contributor to [TimeSolv](#) and a variety of other publications.