



## Deliberating Work-Life Balance Within Recovery Courts

A TARCP PROFESSIONAL SERIES

MARCH 2023



**In loving memory of those lost at the Covenant School tragedy in Nashville this week.**

**Evelyn Dieckhaus, 9-year-old student  
William Kinney, 9-year-old student  
Hallie Scruggs, 9-year-old student  
Mike Hill, Custodian  
Katherine Koonce, Head of School  
Cynthia Peak, Substitute Teacher**

**A thank you to the Metropolitan Nashville Police officers who saved lives by responding and removing the threat to children, teachers, and staff within 14 minutes.**

**Thoughts go to the families and friends who had to say goodbye to those they loved, all Covenant School students, parents, teachers, and staff, and to all police officers, emergency management, and medical personnel who continue to process their call to serve others on this day.**

### With Appreciation



**Judge Beth Boniface is the winner of this month's TARCP 20-ounce Yeti Rambler!**

### The Vital Exercise

Many of us tie a healthy lifestyle to professional achievement, positive finances, a good diet, or routine exercise. However, Harvard University has been conducting a study that spans 85 years and it determined the key to longevity is social fitness.

To sum up the definition of social fitness, it is the positive life relationships that make the difference in our happiness which, in turn, affect our physical well-being. Examples of this are when you cannot sleep because you had an argument with your spouse or a friend or the joy and sense of belonging you experience when you meet friends for dinner and the conversation never ends.

Marc Schulz, PhD, is a practicing therapist and the Associate Director of the Harvard Study of Adult Development. He co-authored [The Good Life](#) with Robert Waldinger, MD, a professor of psychiatry at Harvard Medical School, the Director of the Harvard Study of Adult Development, and a practicing psychiatrist. In an article they wrote for CNBC, they state that our social life is a living system that needs to be exercised. It is further explained that we need to assess the relationships in our life to evaluate if we are valuing those that help us thrive in life, cultivating the connections that give us life.

To do this, we are given an assessment table to use as a tool to help us examine our social relationships, stressing seven key areas of life support. These are: safety and security; learning and growth; emotional closeness and confiding; identity affirmation and shared experience; romantic intimacy; both informational and practical help; and fun and relaxation. They reiterate that not all seven of these will feel important to all, but to determine which do and if you are receiving enough support from these relationships or taking them for granted.

In a separate article on *Outside* website, Dr. Waldinger reviews what the research team asked subjects "Who they would call in the middle of the night if scared or sick?" Some participants had a long list while others listed no one. Dr. Waldinger sums this up, "That's real loneliness—this sense that nobody in the world has my back." Waldinger continues, "The costs of that are huge. It makes us feel unloved and unsafe, and eventually breaks down our health."

To learn more about the assessment tool, go to [CNBC](#). To learn about the specifics on the happiness study, go to [Outside](#).

