



# Brain Smart Guide for Coming to Court

**Are you feeling uncomfortable or anxious about your court appointment?  
Use this checklist to help you be at your best:**

## Virtual court appointments

- ❑ Make sure your device is fully charged or plugged in
- ❑ Be in a place with stable internet access
- ❑ Try to find a quiet place with few distractions (do your kids have something to keep them occupied?)
- ❑ Have something with you that will make you feel more comfortable: a blanket, something to hold
- ❑ Remember that you'll be sharing your camera & people will be able to see what's behind you
- ❑ If possible, have a someone with you off-camera who will be supportive but not distracting
- ❑ Make sure your brain and body fueled (see below)

## In person court appointments

- ❑ Understand your transportation options
- ❑ Plan on being there longer than expected
- ❑ Bring food & water
- ❑ If possible, bring a support person to wait with you
- ❑ Bring things to keep you comfortable or entertained while you wait (book, power cord for a device)

## It's important to eat, even if you don't feel like it...

Our natural tendency is to not eat in these situations, which only increases the adrenalin in our systems. To stay in the responsive smart brain—and out of the reactive lizard brain—it's helpful to make sure that your brain and body have enough fuel to manage this high stakes event.

By eating food that contains both carbohydrates and a sufficient amount of protein, your brain will be fueled for 2-4 hours. Getting around 20 grams of protein in a meal will last you longer. *(Note: eating more than 20 grams of protein at one time does not extend this benefit.)*

**It's easy to forget about self-care when you're preparing for court – whether virtually or in-person. Here are some things to remember:**

- ❑ **Have I eaten a high-protein meal or snack?**
- ❑ **Do I have my water bottle filled?**
- ❑ **Do I have a good internet connection?**
- ❑ **Do I have a quiet place to be?**

## Some examples of high-protein snacks & meals:

### Animal-based

- Protein shake or bar
- Sandwich or salad with meat
- Hard-boiled eggs with carrots or bread
- Meat tacos or burritos

### Plant-based

- Protein shake or bar
- Nut butter sandwich
- Tofu salads, sandwiches, or wraps
- Nuts (hazelnuts, walnuts, almonds, cashews)
- Bean or tofu tacos or burritos

**To understand why it's important to fuel your brain with protein, see <https://youtu.be/3ogals4gg8w>**

**For ideas for affordable high-protein meals, see <https://youtu.be/olY9seKiSmY>**



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