



Spring Cleaning: Maximize your desk zone

Your workspace can be a place of productivity or inefficiency. This spring, try new ways to reduce your tension and increase your productivity. In *The Best Place to Work: The Art and Science of Creating an Extraordinary Workplace*, psychologist Ron Friedman notes that, “We have definitive evidence that there is a connection between space and innovation. Where you are affects the way you think.” Here are a few tips for making the best of your desk area:

1. **Ditch the knickknacks:** We all love having reminders of home, mementos of fun travels, and other items that personalize our desk space. Even though we know that clutter can distract our focus, we also don’t want to spend our day in an empty white box. Find a balance by keeping just a few meaningful objects at your desk, like family pictures or professional awards.
2. **Bring the outside in:** Taking a short break to walk in nature can rejuvenate and refresh, but although it’s not always possible to go out, we can still enjoy some of the benefits of the outdoors. Two or three leafy green plants can help to clean the air you breathe and boost your productivity. No green thumb is needed; try placing a snake plant, philodendron, or bamboo in a mason jar with water and refill it every few weeks as needed.
3. **Aim for quiet, but not silence:** Undoubtedly, noisy distractions can be challenging to control or overcome. Achieving total silence in your office is not only difficult, but might not be that helpful. “When you’re in a room that’s completely silent, you become hypersensitive to changes, paradoxically making you more susceptible to distraction,” says Friedman. Instrumental music at a low volume can help, but ambient sounds can serve to help you focus as well. Try *Coffitivity.com*, which streams “the ambient sounds of a café to boost your creativity and help you work better” or increase your focus by listening to white noise at *Simplynoise.com*.

A Note From the Editor

This is now my sixth year with [NorthStar Legal, Inc.](#), and I feel as though I am in the Spring of my career. With each year that passes, I learn more and more, and love what I do more and more. Making perfect matches is what keeps me going, and the people that I get to meet and help along the way feed my soul. I am so thankful for all of my loyal clients, and I can’t wait to meet and make more!

-Jennifer Magnusson

[NorthStar Legal, Inc.](#) is excited to present to you our quarterly newsletter, [POLARIS!](#)

Since early times, navigators have used Polaris, also called the North Star, to guide them towards their destinations. At NorthStar Legal, our goal is to assist you in navigating your hiring process.



SPRING QUOTES :

“The beautiful spring came; and when nature resumes her loveliness, the human soul is apt to revive also.”

~[Harriet Ann Jacobs](#)

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”

~ [Lao Tzu](#)

“The sun just touched the morning;

The morning, happy thing,
Supposed that he had come to dwell,
And life would be all spring.”

~ [Emily Dickinson](#)

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