

# Mental Health & Wellbeing at the Bar

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I made a mistake



Wellbeing  
at the Bar

# Made a mistake

*"I think I messed up."*

## How to deal with a mistake

- Keep calm: As with all situations that cause you anxiety or stress, the key thing is to try to keep calm
- Try immediately to relax: you may even find some [deep breathing exercises](#) useful
- In most situations it is better as soon as possible to explain to your colleague or principal what has happened
- Many people make mistakes, it is just that – a mistake
- Think about whether it is actually a mistake, or is it just that you are being blamed by someone who does not like a situation that has occurred?
- Calmly write down what has happened and how the situation came about
- Think about who you are going to tell
- Can you tell a senior colleague first and ask for their help in resolving the matter?
- Approach the relevant person and calmly explain what happened – you can use your note for this
- If possible, demonstrate that you have identified how the mistake occurred and what you might do differently in the future
- Most people when approached with a mistake will want to work with you quickly to resolve it