

Mental Health & Wellbeing at the Bar

Personal Problem



Wellbeing
at the Bar

Personal problem

"I can't cope with the divorce / bereavement / family upset and it is affecting my day job."

How to cope with a personal problem

- 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?
- You can ask to talk to people in confidence
- Think about whether you would like them to do anything as a result
- Just sharing your experience may help you feel more calm
- If you need time off then arrange a time to speak to your senior clerk or head of chambers
- Remember that chambers will want you to be happy in chambers and performing at your best and they will want to support you in that