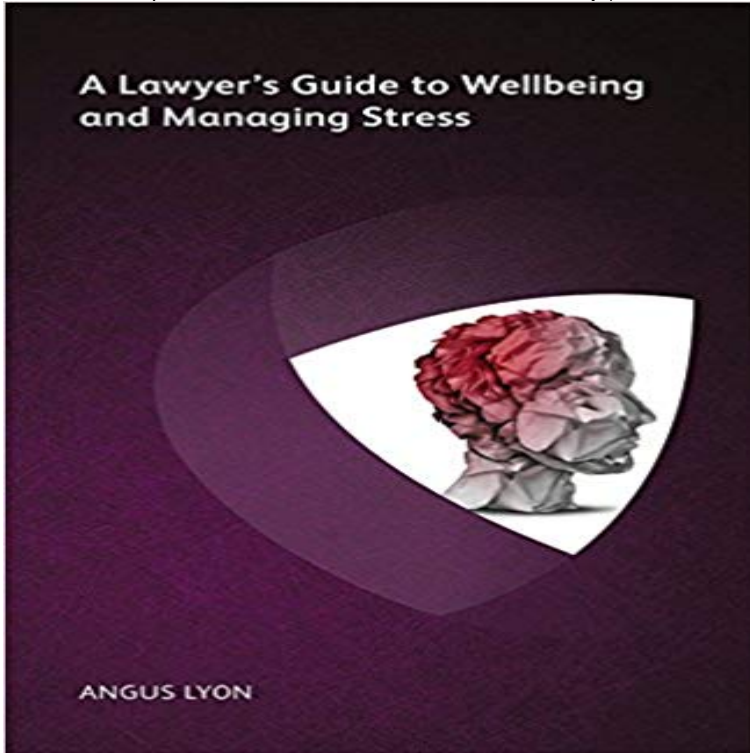


# A Lawyers Guide to Wellbeing and Managing Stress



Stress is an inevitable part of being lawyer and it can even be a positive force it can help you push through long hours or meet tough targets. However, when stress becomes excessive, it can be damaging to individuals and to firms, leading to mental and physical sickness, lack of morale or a desire to take on additional responsibility, and worse. The problem is widespread. According to a Law Society survey, 95% of lawyers have some negative stress in their jobs, and 17% say that this is extreme.

Lawyers feel overloaded with work, unappreciated, isolated, and unsupported; many complain of unattainable targets, poor pay, and long hours. And while many firms say they have programmes in place that are geared towards improving the wellbeing of staff, 66% of lawyers say they would be concerned about reporting feelings of stress to their employer because of the stigma involved. Nobody wishes to be seen as a weak link in the chain of a professional practice. A solution wont be found overnight. This book is designed to encourage lawyers and firms to think more about the question of stress, how to recognise it in others and themselves, and how to take action before it becomes excessive. It is written for lawyers everywhere regardless of location or career level.

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