

Southern Law Association



Dear Colleagues,

It is human to feel a whole range of emotions, from fear and worry to loneliness and sadness, during this trying time of unprecedented change and uncertainty, brought about by Covid19.

Remote working, social distancing, self-isolation, and an over-arching uncertainty about the future, are affecting all of us in different ways. We need to look after our mental health and each other, now more than ever. Stress and other mental health issues are acutely present in the legal profession. Solicitors can face tough and challenging situations on a daily basis. While we all experience some stress in our lives, everyone's threshold for what amounts to too much stress is different. This is why it is important that you do not compare yourself to others. If you are finding it hard to cope and are worried about yourself, it is a good idea to talk to someone about it. Being proactive as soon as you suspect something will help you feel more in control of your situation.

The Law Society of Ireland's Wellbeing Hub is an online information source providing the latest resources, where you can explore the following resources available to our members including tailored supports, information sessions, videos, research and expert views and guidance.

See <https://www.lawsociety.ie/Solicitors/Representation/wellbeing-hub/> .

The Law Society set up this hub to contribute to the improved wellbeing, resilience and emotional and psychological health of our members, and to

- Direct our members who are experiencing wellbeing challenges to appropriate support services and guidance,
- Raise awareness and provide information on how to help colleagues facing mental health challenges,
- Provide you with information and signposting to help grow resilience and manage emotional wellbeing,
- Proactively dismantle any perceived stigma around mental health issues and champion best practice.

There are a huge range of resources available, but two which caught my eye are :

- 1. Small Practice Session no.18 – What is anxiety and is Covid-19 making this worse?**
<https://www.youtube.com/watch?v=x0JUPn280X0&feature=youtu.be>

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This recent Small Practice Information Session covered the impact of Covid-19 on anxiety and mood. Can you identify anxiety when you are experiencing it? Are you experiencing more of this at the moment? In this talk, Brid O Meara, Director of Services of AWARE, talks us through some practical tips on how to manage our levels of anxiety. She also informs us of what AWARE supports are available for solicitors and their dependents, suffering from depression, anxiety, or mood disorders.

2. Legal Lives: Innovation in Law Firms and Impact of Covid-19 (LegalEd Talk) <https://www.lawsociety.ie/productdetails?pid=1816>

This is only one of many insightful LegalEd free online CPD resources. In this session, Paul Hayes, one of Europe's leading technology strategists, speaks to Jeanne Kelly, Senior Partner in LK Shields Intellectual Property, Technology and Privacy team, to discuss the impact of coronavirus on law firms. Together they explore the implementation of remote working protocols and changing workplace culture, and priority areas of focus and innovation for law firm leaders. The conversation highlights the outcomes of working remotely for work/life balance and productivity, the potential implications for client demand in relation to commercial and technology law. They also discuss the unique near-term challenges the covid-19 crisis poses for lawyers, and the response and resiliency of law firms and other professional services firms to manage long-term success.

CPD Hours: 0.5 Hour Management & Professional Development Skills (by eLearning)

For those who prefer a good book, the **Law Society Library** has a growing collection of books on various topics relating to mental health and well-being resources. Whether you are finding things hard, or just want to learn more, you can get started at [View Library wellbeing resources](#)

The collection is a collaboration between the Law Society Professional Wellbeing Project and the Law Society Library and will continue to grow over the coming months and years. The collection covers books on personal mental health and wellbeing, wellbeing within organisational settings - including law firms - anxiety, grief, depression, addiction, mindfulness, meditation and trauma recovery.

If you wish to borrow any of the books on their list, please [email the Library](#) or use the Request Loan button on the [online library catalogue](#). The Library is sending books via DX and An Post, both to work addresses and home addresses - whichever is more convenient.

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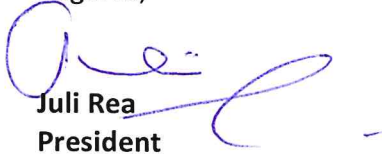
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Whatever it is you do, remember to take good care of yourself; your mental health is important and you deserve to be kind to yourself.

Regards,


Juli Rea
President



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