

A woman with long, wavy brown hair is sleeping peacefully in bed. She is lying on her side, facing left, with her head resting on a dark blue pillow. A blue and white striped blanket is tucked under her. The background is a dark, out-of-focus blue.

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A Lawyer's Guide to Wellbeing and Managing Stress

Angus Lyon,2016-02-22 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 won t 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

Heartful Permission

Gurpreet Sandhu,2016-08-12 Everything is so opposite I was just seeing how different the inner world is from the outer world In the inner worldif you see any angeryou just show your love If you see any kind of poweryou become powerless You see any bignessyou become small If you see any thiefyou give your keys If there is something closed inside of youyou just stand there as it is Everything is so opposite You see something speedy insideyou just be in the restfulness You do not need any kind of tool to live this handless way If any part is fightingyou completely lay your head down Then the treasure is there but you do not need to look after it Th en the power is there but you do not need it The knowledge is there but you are not

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