

**Resources**

**Five Ways to Wellbeing (World Health Organisation)**

Connect	Attachment to others Friends, Family, Colleagues Build on these connections	What it means to me
Be Active	Regular physical activity Less anxiety/risk of depression Slows cognitive decline	
Take Notice (Mindfulness)	Be aware of the present Appreciate what is happening good for self-monitoring	
Learn	Enhances self-esteem Encourages social interaction Leads to more active life	
Give	Participate in social and community life Altruism can inoculate against mental illness	

**Recommended Reading, a small selection:**

Higgins, Gillian      **Mindfulness at work and home** Red Door 2019  
 Johnstone, Matthew **The Little Book of Resilience**, Robinson 2015  
 Neff, Kristin        **Self-Compassion: The proven power of being kind**, Hodder & Stoughton, 2011  
 O'Donohue, John    **Benedictus**, Bantam Press, 2007  
 Sieghart, William   **The Poetry Pharmacy**, Penguin, 2017  
 Walker, Matthew    **Why we Sleep**, Allen Lane, 2017

Brown, Brene        **Anything** by this writer also please look at her TED talk **"The Power of Vulnerability"**

**MINDFULNESS – more details on the LawCare website:**

- Gillian Higgins: [www.practicalmeditation.co.uk](http://www.practicalmeditation.co.uk) author of book above
- Mindfulness can reap rewards (on our website) Sophie Miller, [www.solephilosophy.co.uk](http://www.solephilosophy.co.uk)

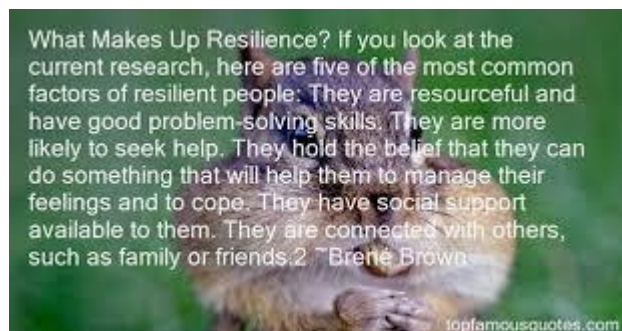
[www.headspace.com](http://www.headspace.com) you can try it for free initially

[www.calm.com](http://www.calm.com) for mediation and mindfulness

## LAWCARE

[www.lawcare.org.uk](http://www.lawcare.org.uk) 16 fact-sheets e.g. Vicarious Trauma, blogs, helpline, webchat, Peer Support etc

## RESILIENCE



## VICARIOUS TRAUMA

[www.claiming.space](http://www.claiming.space) Rachel Francis & Joanna Fleck

A social enterprise that has grown from peer support groups offering online training for lawyers working with vulnerable populations based on experience, academic study and research. Claiming Space wrote the fact-sheet on Vicarious Trauma on the LawCare website

## THE BAR COUNCIL

<https://www.barcouncil.org.uk/support-for-barristers/wellbeing-personal-career-support/wellbeing-at-the-bar>

Self-care resources

[www.actionforhappiness.org](http://www.actionforhappiness.org)

[www.self-compassion.org](http://www.self-compassion.org)

[www.freemindfulness.org](http://www.freemindfulness.org)

[www.drinkawaretrust.co.uk](http://www.drinkawaretrust.co.uk)

[www.alcoholics-anonymous.co.uk](http://www.alcoholics-anonymous.co.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.mindful.org](http://www.mindful.org)

[www.bacp.co.uk](http://www.bacp.co.uk)

[www.harmless.co.uk](http://www.harmless.co.uk)

[www.samaritans.org](http://www.samaritans.org) T: 116 123 24/7

Check out the Insight Timer app

**SPARK** a tool you can access online <https://ideachildrights.ucc.ie> (permission is given for personal use)

Self-reflection

Prevention

Assessment

Resilience

Kindness