



**WELLBEING:
Working From Home**

1. PLEASE Stay in touch: Make sure to join Chambers Group Teams weekly meetings. If they don't exist set them up.

Obviously keep in touch with friends and family. But don't forget Chambers.

Of course, some of you are rushed off your feet trying to work, arguing with your partner and/or children over access to broadband width and video conferencing facilities, sorting out home schooling, managing energetic children in lockdown, and keeping in touch with or worrying about vulnerable and/or isolated family members. Remember that Chambers usually contains a very diverse bunch. We are all different and we want to remain connected. Some members live in remote areas. Some live alone. To some the weekly chats may prove to be really important even if they don't realise that yet! Also it is an opportunity for us to think about how we can generate work out of court and the more people we have thinking about that the better.

2. Plan ahead but live day to day

The nature of what we do is to plan for tomorrow. Prepare the next cross-examination, submission or speech. Or prepare for next month or the next big case. That approach is fine, but it does have its limitations in the current ever changing situation. A "what if" approach while wholly understandable can cause unnecessary stress. Be kind to yourself; try to think about how you will manage tomorrow and take it day by day.

Finances are an obvious concern for many of us. Things change and the future may be very different from what it was on Friday, let alone 2 weeks ago. The Government's recent initiatives do not appear to offer much help to the self-employed Criminal Bar but the Bar Council and Criminal Bar Association is lobbying hard. It is impossible to say precisely what will happen. We will keep you posted on what obvious financial changes may benefit you.

It is also impossible to tell what will happen to workflows. The Courts have effectively shut down. A number have now opened as "Open Courts" where hearings can be held in person. Some are operating online but behind closed doors ("Staffed Courts") where hearings are conducted remotely. More are planned to come on stream. Work patterns will change. We will adapt and react on a day to day basis. We have to wait and see what happens. We understand that those with caring responsibilities will feel stretched but as a Chambers we can work alongside one another to cover what we need to.

3. Self-awareness

Tuning in to how you are feeling helps you choose proactive strategies. For example, awareness of anxiety and a decision to become calmer is the first step in getting there.

If you feel unwell – check NHS guidelines! There is lots of information there – don't suffer alone – talk to others.

There are a number of articles you can google to help with managing your wellbeing in these uncertain times. There are also apps that help. See list below.

4. "Keep Calm and Carry On"

Sounds trite. Different things work with different people.

Don't feel you have to do anything else other than BE WELL and KEEP HAPPY. Suggestions of things to do if you need some – do things that make you smile. They include



- Get some fresh air. Take a walk or sitting by an open window.
- Eating healthily but allowing limited treats
- Make sure you are drinking enough [they are not talking about alcohol]
- Try yoga or relaxation techniques or mindfulness or meditation (see below)
- Read for fun
- Learn something new, even an instrument
- Take up a hobby or a project
- Make future travel plans (we can all dream!)
- Listen to music.
- Try websites which might help such as [Lawcare](#), [Anxiety UK](#), or [Headspace](#).
- If it will help, throw darts at pictures of the HoCs.
- Keep sane by keeping in contact – this is a proven way to help yourself and others.
- Try and do one thing for others each day if you can – it will help you feel better too
See: [Random Acts of Kindness](#) and/or [Kindness Ideas](#)

5. Don't gorge on social media or news

Repetitive scrolling wastes time, can feed anxieties, and achieves little. Check the news a few times a day, not constantly. Use messaging and chats for fun and relaxation, not to chase down what may turn out to be false news! [Snopes](#) is a good source for checking fake news if you want to check it.

6. Think about your lockdown routine

Some people live and work better with a routine. If you are one of those, try to establish one for working from home. Of course that gets increasingly difficult if others with you are also working or schooling from home. Kindness patience and tolerance has to stretch a long way! Two tips to improve productivity when home working include (a) wear a pair of shoes when you start work or (b) wear a hat and only work when you wear it.

Add into any schedule you create time for enjoyable things.

- Cake or daily exercise time daily at 5pm can lift the spirits.
 - Gardening or being in your garden if you have one is good for the soul.
 - Check in on someone living alone or that you haven't spoken to in a while or write them an email or pick up the phone.
 - Acknowledge that if you are busy and feeling overwhelmed by it all that it is normal and don't place unrealistic expectations on yourself.
 - Build in some 'positives' that you would not do if you were heading out to court each day.
 - Keep a gratitude diary.
7. See [Gillian Higgins home page](#) for resources. Gillian is doing a mindfulness session this evening at 8pm.

8. For kids

[Meetwo](#) may not have reached you and comes recommended by the Royal College of Psychiatrists and the NHS. The [MeeTwo](#) app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

9. Exercise

As well as going outside for your 'one form of exercise' per day (woe betide all you triathletes), there are hundreds of opportunities to get ripped at home. Instagram is



worth downloading to sample a lot of these live classes. Here are some of the best, tried and tested by our HoCs (this bit is false news! - HoCs):

- London studio [FLY LDN](#) are streaming multiple classes via Instagram Live, and later post them on Youtube. All classes last 45 minutes and are free.
- Thor star [Chris Hemsworth's app Centre](#) is currently offering a 6-week trial free to anybody who signs up via the website
- [Gymshark](#) offers equipment free bodyweight conditioning workouts free via its app
- [Barry's Bootcamp](#) have created 30 minute free classes regularly posted on Instagram
- [Orangetheory Fitness](#) is an intense circuits based workout which claims to typically burn around 1,000 calories per class. They regularly post workouts to Instagram Live
- [KOBEX](#) are streaming live boxing classes on Instagram, usually at 10am
- [#Sweat It](#) offer full body and targeted workouts without needing any equipment
- [School of SOS's](#) regular streamed dance choreography via Instagram.

10. Here are some apps we have collated for members which you might find helpful

- If you don't already use Spotify to stream your usual fix of Love Lockdown, [Spotify's Family](#) feature allows you to have 6 individual Premium accounts for an overall payment of £14.99 per month, provided all accounts live under the same roof.
- Headspace meditation app at the moment has a section called [Weathering the Storm](#) which has loads of free guided meditation and mindfulness for the lockdown.
- The [Down Dog yoga app](#) is free for everyone during lockdown, it comes recommended by Dan Robinson. All 5 of their apps are free at the moment, they include:
 - Yoga
 - Yoga for beginners
 - HIIT
 - Barre
 - 7-minute workout
- [Mindscape](#) – combining voice technology, AI and science led- music therapy. Developed in consultation with mental health charity Mind, the app is aimed at people dealing with panic attacks or anxiety.
- [Calmer You](#) – will help you deal with anxiety – developed by best-selling anxiety author Chloe Brotheridge in collaboration with Headspace's former head of research - the app offers CBT, workouts, journaling and breathing exercises.



- **Tomo** – a fun tech way to handle challenges and suggest new habits to try to make better habits – not tried by anyone yet – let us know.

For enjoyment have a look at:

- <https://www.timeout.com/london/things-to-do/time-in-the-best-things-to-do-at-home>
- <https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home>
- https://www.whatsonstage.com/london-theatre/news/andrew-lloyd-webber-stream-musicals-free-youtube_51313.html
- <https://www.nationaltheatre.org.uk/nt-at-home>

- **The NHS recommends** the following:



eQuoo: Emotional Fitness Game

Use adventure games designed by psychologists to help you increase your emotional fitness

Free, with in-app purchases



Sleepio

An online sleep improvement programme, clinically proven to help you fall asleep faster

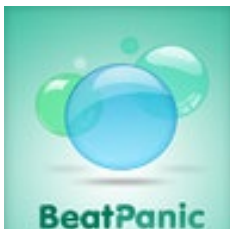
Free in some areas



Feeling Good: positive mindset

Use audio tracks to help relax your body and mind and build your confidence

Free, with in-app purchases



Beat Panic

Overcome panic attacks and anxiety wherever you happen to be

£0.99



Sleepstation

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night

Free with GP referral



Thrive

Use games to track your mood and teach yourself methods to take control of stress and anxiety

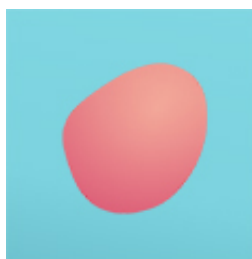
Free



My Possible Self: The Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking

Free, with in-app purchases



Cove



Being tested in the NHS

Create music to reflect emotions like joy, sadness and anger to help express how you feel

Free



Chill Panda

Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better

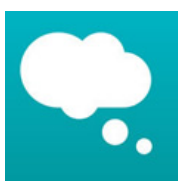
Free



Big White Wall

Get round-the-clock support from therapists to help you cope with stress and anxiety

Free



Catch It

Learn to manage negative thoughts and look at problems differently

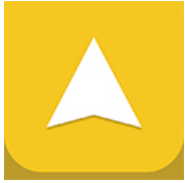
Free



[ieso](#)

Connect confidentially and securely with mental health therapists using instant messaging

Free in some areas



[Stress & Anxiety Companion](#)

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts

Free, with in-app purchases



[SilverCloud](#)

An eight-week course to help you manage stress, anxiety and depression at your own pace **Free**

[MIND recommends](#) a number of similar apps. Uploads and hyperlinks are available for the [Mind website](#).

These include:



Elefriends: (Free to use. For over 17's only)

Elefriends is a supportive online community from the mental health charity Mind. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.

Post updates and catch up with the community feed.

Read and write posts offline.

Share photos directly from your device.

Passcode protected.

Choose when and how you want to receive notifications.

Moderated by the 'Ele handlers' from 10am until midnight.

Silvercloud: (Free to use)



Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues.

These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.

Happier - (Free to use) This App is only available on the Apple Store for iOS devices.



Happier helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.

Share how you feel using our Apple Watch and we'll help you lift your mood with inspiring quotes, clear your mind with a positive meditation break, or easily capture and share something positive using just your voice.

Use Happier as an on-the-go gratitude journal to record happy moments both big and small. Take our bite-sized, expert-led courses to discover new ways to find joy, calm, and satisfaction - they take just a few minutes a day, and help you become more resistant to negativity you may encounter, and more resilient overall.

Connect with other Happier users in a positive and supportive environment.

Diary Mood Tracker – Daylio: (Free to install. Contains adverts and in-app purchases)



Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.

Catch it (Free to use)



Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.

The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).

Podcasts



It's also well worth taking a look at the '**Mental Health Foundation's 16 free podcasts**' to help you live a mentally happier life - from New Years' Resolutions to Relaxation for Better Sleep to Mindfulness and How to Overcome Fear and Anxiety. Can be listened to on the [Mental Health Foundation website](#), downloaded or subscribe to on iTunes.



SAM: Self-help for Anxiety Management (Free to use)



SAM is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from [UWE, Bristol](#).

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.

Mood Tools - Depression Aid: (Free to install. Contains in-app purchases)



If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. The app contains several different research-supported tools. They include: Thought Diary - Improve your mood by analyzing your thoughts and identifying negative/distorted thinking patterns based on principles from

Cognitive Therapy

Activities - Regain your energy by performing energizing activities and tracking your mood before and after, based on Behavioural Activation Therapy

Safety Plan - Develop a suicide safety plan to keep you safe and utilize emergency resources during a suicidal crisis

Information - Read information, self-help guidelines, and find help with internet resources

Test - Take the PHQ-9 depression questionnaire and track your symptom severity over time

Video - Discover helpful YouTube videos that can improve your mood and behaviour, from guided meditations to enlightening TED talks.

Couch to 5k (Free to use)



Walk and run your way to 5k this Couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. Millions of people have already started running with our simple Couch to 5k plan - so download it now, grab your trainers and get ready to become a runner.

Presented in association with BBC Get Inspired, the app builds you up gradually with a mix of running and walking. All you have to do is choose one of our four famous trainers and let them guide and motivate you through each session.