



Wellbeing during the Coronavirus pandemic

Stay connected

- Try to create a system where you stay regularly connected to others. Working remotely often requires you to over communicate. Speak to others and tell them about your schedule and availability;
- With everyone working from home it will feel like there is a large distance between you and solicitors and clients. Create a time when everyone from your team is going to connect;
- Team can mean everyone working on a particular case, your team in chambers, Chambers (many chambers are introducing virtual chambers lunch or tea), your social network, family;
- If a professional team meeting ensure there is a chair and if possible an agenda. The chair can then ensure everyone gets a chance to speak. Finish with an action plan and a list of who is responsible for each action point;
- Set an alarm for scheduled meetings. It is easy to miss the arranged time when working at home undisturbed;
- Help those who are not so good with technology get to grips with the most relevant so they can stay engaged. There are lots of videos on YouTube you can send to help others understand how to use the latest technology. Be patient. Accept that the first ten minutes may be spent ensuring everyone is connected, heard and seen (if applicable);
- Check in on people you know might be living alone or going through a difficult time with members of their household. This is more important than ever as you won't have the opportunity to do so on a more informal basis in Chambers. Offer a regular virtual catch up;
- Ask your Chambers what it is doing about keeping connected with those living alone – just saying 'call us if you need something' may not be enough. Members may be too embarrassed to do so even if they need the help – especially more junior members;
- Be mindful that others you are connecting with may have difficulties in their home environment, may be particularly worried about family members or even dealing with grief caused by the death of a loved one or colleague.

Needing to ask questions re cases/work

- If not already communicated, ask you chambers how it is ensuring members, especially junior members can still ask for help on cases – as they would be encouraged to do if in Chambers;

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- Ask your Chambers what if any central provisions there are to ensure you can attend hearings remotely i.e. access to Skype for Business. Don't wait until the day before the hearing;
 - Ensure you know the procedure if you become ill and cannot meet deadlines or attend court hearings – even virtually;