



## Staff and stress - prevention is the cure!

April is stress awareness month. For our main article we turn to our Employment and BLHR team. The best cure for stress is prevention. Rianna summarises some of the tactics you can take to mitigate stress in your workforce and reduce the need for HR processes and stress related absences.

Read the article [here](#).

by [Rianna Billington](#)



## Managing stress during divorce

When you make the decision to divorce you know that the stress is worth it, for better or worse. But managing this stress is a case of preparation and resilience. Shelley takes us through the 5 stages of loss cycle in divorce.

Read the article [here](#).

by [Shelley Cumbers](#)

## Buying and selling - The Stressors!

The conveyancing process is full of different stressors but at Birkett Long we aim to ease the pressure for our clients. Sophie takes us through some of the ways in which we try to achieve that.

Read the article [here](#).

by [Sophie Partridge](#)



## Mental health awareness at Birkett Long

Working within the law industry, you are exposed to consistently high levels of stress. Harrison reflects on his time at Birkett Long and how the strong, yet subtle support from HR creates an environment that support staff and what this means for the firm.

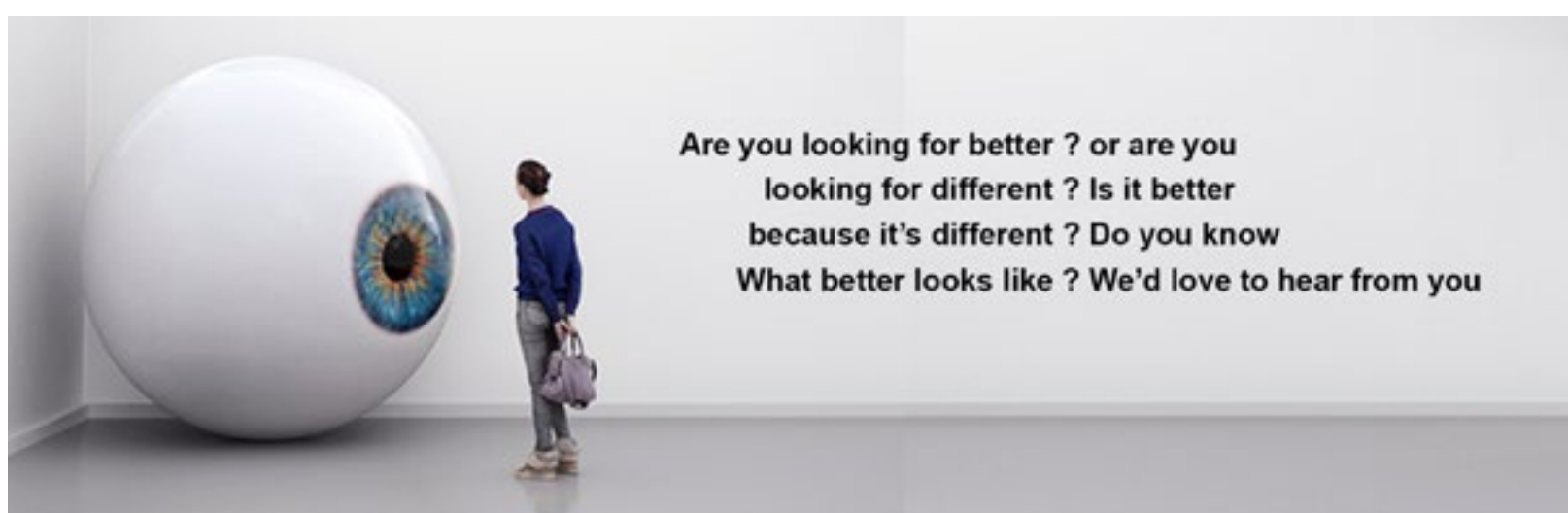
Read the full article [here](#).

by [Harrison Mayes](#)

# look



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