

Have you submitted your PII Survey? Members who respond to this survey will receive a token of appreciation from us. A copy of the survey can be downloaded from the Malaysian Bar website (Circular No 294/2011: Complete the "2011 Have Your Say Survey" to Receive a Freebie). Alternatively, you can call the department at 03-2032 4511 and we will be happy to email or fax you a copy.

The department continues to organise two series of risk management workshops - **Getting Started!** and **Risk Management for Staff**. Have you or your staff attended any of our workshops? If yes, what do you think of them? Your views and comments are very much appreciated. Send us your thoughts by fax at 03-2031 6124 or email to pirm@malaysianbar.org.my.

Events held in March and April 2012

22 Mar 2012: **My Professional Indemnity Insurance Workshop**, Kuala Lumpur

Held annually, the workshop explains the Certificate of Insurance for the year. This workshop gave Members a chance to engage in discussions with the broker on PI Insurance related matters.

30 Mar 2012: **Getting Started! Express Workshop**, Malacca

This half-day event featured two sessions from the full day Getting Started! workshop and is catered for the outstation Members.

19 Apr 2012: **Getting Started! Workshop**, Kuala Lumpur

This full day workshop consists of five sessions, each rounded-up with Q&A session. Participants were given the opportunity to interact with the speakers and a chance to network with other Members.

To read the web report of our past events, log on to www.malaysianbar.org.my and type in your search.

If you would like to know more about our risk management workshops, call the department at 03-2032 4511.

STRESS, THE TIME SNATCHER!

Stress – a state of mental or emotional strain or tension resulting from adverse or demanding circumstances (Oxford Dictionary).

What is stressful to you may not be stressful to another. Everyone has a different tolerance towards stress. It can occur in many different situations and experienced even without realising. If it is not managed well, it can cause a myriad of consequences.

Stress can affect a person's behaviour and cognitive response, both physically and emotionally. Symptoms can vary, but it ranges from poor judgement to procrastinating or neglecting a task, aches and pains to sleeping disorders. Sound familiar?

If you think that's bad, think how it would affect your relationship, productivity and well-being. No one wants a depressed, angry or frustrated person around. Let's put it this way: the negative energy does not work well with anyone. It's best to keep your stress levels under control.

Consider visiting the doctor's office for a full medical check-up or even a chat about that pain that never seems to go away. It may just be signs of stress that you did not notice and with proper consultation and medication, it can be treated and reduced.

There are other things that you can do to deal with stress such as spending time with your loved ones or picking up a hobby. Bottom line is - are you willing to make time for yourself to deal with stress?

When you are well rested and less stressed your productivity and concentration level change for the better. A more organised YOU will surface, which improves your performance – be it at work, at home or at play.

Remember, being too busy is not an excuse. It is all about managing the amount of time that you have. Whenever there is a will, there is a way. We recommend reading Best Practice Guide on **Time Management for Lawyers** for tips and advice on making the most out of the time you have. The book can be purchased at Bar Council Secretariat or delivered to you at a minimal fee. For more information, contact the department.

Stress is a natural part of life. It cannot be eliminated but can be controlled. Learn to manage it to have a better health and state of mind. Make time for yourself to make time work for you.

TARGETING RISKS.

CREATING SOLUTIONS.