



Looking after your mental health during lockdown - Christianah Babajide for LawCareers.Net

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Article by Christianah Babajide, Paralegal in the Family department at Payne Hicks Beach, in which she sets out ways to look after your mental health during lockdown, first published online at LawCareers.Net on 21 January 2021, and reproduced with kind permission.

<https://www.lawcareers.net/Explore/LCNSays/Four-ways-to-look-after-your-mental-health-during-lockdown>

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