

Stress Less, Together: The Personal and Professional Benefits of a Co-Working Legal Space Post-Pandemic

June 29, 2021



While the pandemic is yesterday's news, the effects of social and personal isolation are still making headlines. Legal professionals are no stranger to the stress-related toll of the industry. The demanding hours and high-stakes environment bring with them mental health issues ranging from depression and burnout to substance abuse and self-harm, particularly when coupled with the concerns of a global pandemic.

Notably, solo practitioners and small firms experience higher levels of stress and loneliness due to the high workload, financial struggles, poor work-life balance, and lack of professional community. Sadly, these same individuals may be challenged to find support due to the stigma in the legal community surrounding mental health.

A proper support system and community are integral to a healthy mental outlook. Co-working spaces, known as law suites in the legal industry, can help with stress-reduction by providing socialization, networking, professional resources, and savings on office administration costs. Whether you are a fledgling attorney, an experienced entrepreneur, or just someone in need of a supportive community, a law suite or co-working space may be the choice for you.

Most offices are seeing a return to in-person activity, but those in the legal field may find themselves with more options moving forward as what we thought were temporary fixes become a part of everyday life. Co-working office suites, like Liberty Law Suites, are providing attorneys and entrepreneurs alike with the flexibility of determining one's own working space and time commitment, while combatting isolation and offering social and professional opportunities with like-minded professionals.

Mental Health Resources for Legal Professionals:

The Florida Bar: Florida Lawyers Helpline (1-833-FL1-WELL), a free telephone service that connects Florida Bar members with professional counselors.

American Bar Association: Lawyer Assistance Program (LAPs) are confidential mental health and substance abuse counselor programs offered to legal professionals (Florida: 833-351-9355, National: 800-282-8981).

CorpCare Associates, Inc. offers free mental health consultations and up to 3 free in-person sessions with a licensed mental health professional to Florida Bar-licensed attorneys.

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