

WORLDWIDE

But do lawyers go on vacation?

- Amsterdam
- Antwerp
- Arnhem
- Auckland
- Austin
- Bangkok
- Birmingham
- Boston
- Buenos Aires
- Calgary
- Cape Town
- Chicago
- Colombia
- Dallas
- Doha
- Dublin
- Edinburgh
- Frankfurt
- Geneva
- Georgetown
- Hamburg
- Honolulu
- London
- Los Angeles
- Madrid
- Manila
- Montreal
- Moscow
- Mumbai
- Nairobi
- New York
- Osaka
- Paris
- Peking
- Prague
- Rabat
- Rio de Janeiro
- Rome
- Rosario
- Sao Paulo
- Seoul
- Shanghai
- Singapore
- Stockholm
- Teaneck
- Tokyo
- The Hague
- Vienna
- Washington
- Zurich

How many of us - in this period of August - have "disconnected" from work, closed our studies and left - with the family, as a couple, with friends or alone, why not? - for seaside destinations, mountains, cities of art, for a food and wine tour. Or do they just relax at home?

How many of us, on the other hand, continue to work, because work is work, because the customer needs it or simply because we are not able to "turn off" the brain for a while?

All of us lawyers know that sensation that yes, you are on vacation, but the thought - perhaps unconsciously - continues to deal with that complicated practice, we make a phone call, look at the e-mail, without rest being absolute....

In our world of WILL, the holidays fall in different periods and there are countries where the "official" holidays are more numerous and closer together as in Italy, in others less so. But we, who are freelancers, are we so free to go on vacation when we want or when we need to?

Are we victims of burnout syndrome? Maybe yes, but - let's face it to ourselves: we like it this way, even when we're worn out by tiredness, we're proud of being lawyers, of our role in relation to the client, to society and, even when we sometimes complain, we feel satisfied.

However, according to the World Health Organization, burnout is also a professional risk for lawyers: often, in fact, we are not good at correctly managing the almost chronic stress of our profession.

It seems that over 30% of us feel depressed and 64% anxious (I think we all agree on anxiety!).

Again according to the World Health Organization. one of the symptoms of lawyer burnout is, in addition to the sense of physical and mental exhaustion, a sort of work-related cynicism.

Personally I believe that "cynicism" is a bit like cholesterol: there is the "good" one, which sometimes it is necessary to use to maintain the ability to make choices with a cold and rational mind, but the "bad" one makes us look like classic amoral "sharks," which we at Will sure aren't.

But here comes the holidays and free time. And here also being affiliated with Will, beyond the business opportunities, is an excellent way to feel in a non-competitive, but collaborative, trusting environment, where the attitude towards colleagues is friendly and inclusive, limiting the risks of burnout.

Even participating in WILL's "social" chats and talking to colleagues about "light" topics, makes us experience a feeling of positive fun and relaxation: for example, how many smiles did the endless diatribe about beer in our chat get from us?

First of all, we have to clarify once and for all if beer goes well with pizza (I would say yes) and then ask ourselves and this time seriously: which is the best beer in the world? the german one? Dutch? Austrian? Made in Italy or from which other country in the world? We have to find an agreement on this, we have been "negotiating" on the issue for quite some time...

We could even establish that the best beer in the world - net of acceptable quality! - is the one drunk in company, with friends, at an event of WILL's. That has a unique flavor!

With beer, one always feels a bit on vacation and certainly the search for different types of beer around the world is a wonderful opportunity to travel and visit Will's colleagues in the dozens of countries where we are present.

Just in case, to avoid discussions.... we bring the beer from home and then we share it, ice cold, and cheers with overflowing mugs!

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