



Living: *Small Pivots That Matter*

CAMPAIGN

In the hustle and bustle of our daily lives, it's easy to overlook the impact that small changes can have on our overall well-being. The campaign, *Living: Small Pivots That Matter*, is a call to action, encouraging individuals to make tiny adjustments in their lifestyle that can lead to profound improvements in their health and happiness.

This initiative is not about placing blame or instigating guilt; instead, it centers around self-awareness and personal empowerment. We understand that everyone's journey is unique, and what works for one person may not work for another. The emphasis is on recognizing the small shifts that resonate with each individual, promoting a sense of agency over one's own well-being.

Whether it's incorporating an extra hour of sleep a night, choosing a nutritious snack over processed foods, or dedicating a few minutes to mindfulness each day, the campaign highlights that these seemingly minor pivots can pave the way for long-lasting positive effects. It's about fostering a culture of self-care, understanding that taking care of oneself is not a luxury but a **necessity**.

The *Living: Small Pivots That Matter* campaign aims to inspire a collective mindset shift, encouraging the legal communities to support each other in making these incremental changes. By creating a dialogue around the importance of small, sustainable adjustments, the campaign seeks to build a healthier, happier profession where individuals feel empowered to prioritize their well-being in the midst of life's demands.



State Bar of New Mexico
Well-Being Committee



2024
Living:
Small Pivots that Matter
Campaign