

## 2023 CAMPAIGN

# Well-being: A Deeper Dive

Well-being can be defined as the combination of *feeling* good and *functioning* well. While much of the discussion focuses on getting a good night's sleep, eating well, exercising and practicing mindfulness, well-being is so much more than that. That “much more” is a journey that involves the process of looking inward, taking an honest self-inventory of our strengths and challenges, and wiring, rewiring, framing and reframing our inner thoughts about how we see ourselves, how we see the world and how we respond to challenges to our well-being. It's about our internal and external emotional stability, engagement, meaning, relationships, resilience, self-esteem and more. It's about a journey from doing just enough to “white knuckle it” to the next day before we start our routines over again to reaching “eudaimonic” well-being (e.g., finding meaning in life, experiencing a sense of personal growth, being autonomous in one's own decisions and behaviors) and hedonic well-being (e.g., feeling happy, being satisfied with one's own life). *See Perspective of the Lee Kum Sheung Center for Health and Happiness*<sup>1</sup>.

In 2023, the NM Well-Being Committee will take a closer look at what well-being really means for attorneys and legal professionals. Through a series of podcasts and articles, we'll dive deeper to learn from members of the legal profession about their personal well-being journey; how those members moved from meeting the bare minimum requirements needed to get through the day to exceeding the bare minimum by building their inner resilience to meet challenges in their lives, making lasting changes to improve their lives, and living their lives with purpose and passion; in short, to be well.

<sup>1</sup> <https://www.hsph.harvard.edu/health-happiness/research-new/positive-health/measurement-of-well-being/>



State Bar of New Mexico  
Well-Being Committee