Tune In On March 16!



Season 6, Episode 1:
When Burnout Speaks

In the next episode from the New Mexico Well-Being Committee podcast, we explore how burnout shows up for hard-working attorneys—often disguised as "normal stress" or simply part of the job. We discuss why burnout can persist even when commitment, competence, and ethics remain intact.

You'll also learn why creative expression is an evidence-backed tool for nervous system regulation, especially for analytical, high-control professions. Finally, we share realistic, time-respectful ways busy attorneys can begin small creative practices that actually help.

What if burnout isn't a failure, but a signal—
and what's one low-risk experiment you could try this week?

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