



Taking a breather



Karen Holub directs a magazine photo shoot.

This month, I'm pleased to introduce a new magazine feature. And it may make you smile.

Flip back to page 60 and you will see "Breathe"—our effort to reduce the effort you need to get through the day. For as Radiohead advises us, "Breathe, keep breathing ... I can't do this alone."

We learned from the 2017 State Bar member survey that stress is identified as a primary attorney challenge, and many lawyers would welcome initiatives to counter it. Those who know me understand that my mindfulness journey is more aspiration than summit. Fortunately, other colleagues put on their thinking caps.

Seeing the data, our Art Director, Karen Holub, devised a beautiful page that is simplicity itself. A Stunning Image + An Evocative Quote = A Moment of Calm in busy lives.

I hope you linger on the page. Maybe it will lower your blood pressure before you return to the tasks always at hand.

We've covered stress before, and besides this new monthly feature, we have more stress-responses in store. For instance, next month we share a sobering look at attorney well-being—and solutions will follow in subsequent issues.

If there is any perfect representative for the cause of lawyer healthfulness, it would have to be Bianca, pictured at right.


Bianca is a therapy dog who attended—and provided comfort at—a December Bar CLE titled "Lawyer, Heal Thyself." Among other things, it covered how to manage stress with mindfulness and meditation—showing how the entire association has taken to heart the need to assist attorneys with their own hearts—and minds and spirits.

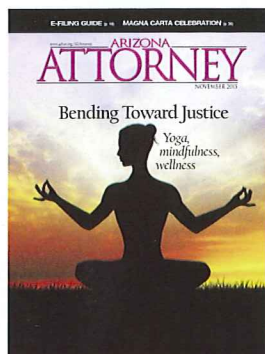
A calming presence, Bianca politely listened to the speakers—one of whom is her companion—but then knew her mission lay elsewhere. So she strolled the room, pausing by attendees' chairs. Lawyer by lawyer, she sat, visited, and moved on.

We hope our Breathe column provides the same welcome pause.

Speaking of paws, you may enjoy the fact that the column idea came to Karen Holub not as she toiled at her desk. Instead, the notion appeared to her as she walked her own dog.

As if we needed more evidence that solutions appear when we take a break—and hang out with furry family members.

We wish you a serene start to your 2018. 



Are you feelin' it?



Bianca calms as she visits.



Tim Eigo

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Editor

TIM EIGO
Tim.Eigo@staff.azbar.org
602-340-7310

Art Director

KAREN HOLUB
Karen.Holub@staff.azbar.org
602-340-7303

Production Manager

MICHAEL PEEL
Michael.Peel@staff.azbar.org
602-340-7311

Advertising Manager

LISA BORMASTER FONTES
Lisa.Bormaster@staff.azbar.org
602-340-7230

Advertising Strategist

MIKYEILA CORDERO
Mikyeila.Cordero@staff.azbar.org
602-340-7306

Communications Coordinator

JILLIAN KINSALA
Jillian.Kinsala@staff.azbar.org
602-340-7257

Editorial Board

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Addresses

4201 N. 24 th Street, Suite 100	270 N. Church Avenue
Phoenix, AZ 85016-6266	Tucson, AZ 85701-1113
(602) 252-4804	(520) 623-9944

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