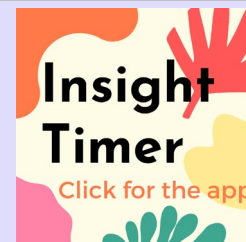
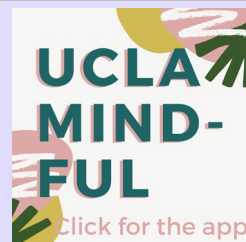


DECEMBER 2021

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	JD Final Exams Begin!	1 Make (and follow) a sleep schedule.	2 Drink water to stay hydrated and focused.	3 <u>Women of Color in the Legal Profession Fireside Chat with Dean Browne Lewis</u> 12	4 Taking the Bar in July? <u>Registration opens today!</u>	5 Connect with free counselors - <u>Student Assistance Program (SAP)</u> Call: 855-270-3349
6 <u>TLAP</u> provides peer support, crisis counseling. Call or text 800-343-8527	7 Look away from your computer screen for	8 <u>Returning to Repayment: Get Ready Now</u> 7:30 PM CST	9 Take a walk to clear your head.	10 Give yourself a pat on the back for making it through the semester!	11 Commencement and Hooding Ceremony in College Station for JD candidates.	12 Try not to worry about your grades. It is out of your hands. Enjoy your time off!
13 Reflect on how your semester went. What went well, what could be improved?	14 <u>How to Benefit – Public Service Loan Forgiveness Limited Waiver</u> – 7:30 PM CST	15 Clean a room in your home.	16 Take a bath or a relaxing moment for yourself.	17 Commencement in College Station for MJur and LLM candidates.	18 Read a book that you have been looking forward to.	19 Do a <u>quick workout</u> at home.
20 <u>Returning to Repayment: Get Ready Now</u> 7:30 PM CST	21 Use <u>Insight Timer</u> to find a meditation or join a live yoga session.	22 Bake a treat for you, a friend, or a pet.	23 Having too much free time? <u>Discover a new hobby.</u>	24 Not seeing family this year? <u>Here are some tips to help cope.</u>	25 <u>Take a nap.</u>	26 Dance to music you enjoy.
27 Reach out to someone with a supportive message.	28 Write down something you are grateful for.	29 Do something artsy.	30 Make a list of your accomplishments from this semester (or year).	31 Think positive thoughts about the year to come!	RECHARGING	

WELLNESS APPS:



WELLNESS PROGRAM

Allison Pawlowski (she/her/hers)
817-212-4111
apawlowski@law.tamu.edu
Schedule a meeting:
<https://calendly.com/apawlowski>