

OCTOBER 2021

WELLNESS CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	TAKING STOCK Complete self-assessments to check-in on how you are doing! Read the statements below and choose (1) Never (2) Rarely (3) Sometimes (4) Usually			WEEKLY TOTALS ___ / 28 ___ / 28 ___ / 24 ___ / 28		1 1Ls – Today is the deadline to submit Declaration of Intent to Study Law with the BLE!	2 Check out the events information below and get excited for Wellness Week!	3 Connect with free counselors - Student Assistance Program (SAP) at 1-855-270-3379 TTY: 711
WELLNESS WEEK	EMOTIONAL 4 I am able to make decisions with minimal stress or worry. 1 2 3 4	5 I recognize when I am stressed and take steps to manage my stress. 1 2 3 4	6 I am resilient and can bounce back after a disappointment or problem. 1 2 3 4	VIRTUAL EVENT 7 I am able to maintain a balance of work, family, friends, and other obligations. 1 2 3 4		8 I am flexible and adapt or adjust to change in a positive way. 1 2 3 4	9 I find it easy to express my emotions in a positive, constructive way. 1 2 3 4	10 When I am angry, I try to let others know in non-confrontational or non-hurtful ways. 1 2 3 4
	FALL BREAK	PHYSICAL 11 I get 6 – 8 hours of sleep each night. 1 2 3 4	12 I engage in physical exercise regularly (e.g. 30 mins at least 5x a week). 1 2 3 4	VIRTUAL EVENT 13 I protect myself and others from getting ill (e.g. wash my hands, wear a mask, cover my cough). 1 2 3 4	VIRTUAL EVENT 14 I abstain from drinking alcohol; or if I do drink, I am to keep my BAC ≤ .06. 1 2 3 4	15 I avoid using tobacco products or other drugs. 1 2 3 4	16 I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains). 1 2 3 4	17 I get regular physical exams with doctors, dentists, optometrists, etc. 1 2 3 4
	18 PRO BONO DEADLINE for JD, December Graduates! Talk with Dean Jeffers if you have questions.	FINANCIAL 19 I could handle a major unexpected expense. 1 2 3 4	20 I am securing my financial future. 1 2 3 4	21 My finances don't control my life. 1 2 3 4	22 I can enjoy life because of the way I'm managing my money. 1 2 3 4	23 I have money left over at the end of the month. 1 2 3 4	VIRTUAL EVENT 24 Because of my money situation, I feel like I will have the things I want in life. 1 2 3 4	
	OCCUPATIONAL 25 I get personal satisfaction and enrichment from work or school. 1 2 3 4	26 I believe that I am able to contribute my knowledge, skills, and talents at work or school. 1 2 3 4	VIRTUAL EVENT 27 I seek out opportunities to improve my knowledge or skills. 1 2 3 4	28 I balance my social life and responsibilities well. 1 2 3 4	29 I effectively handle my level of stress related to work responsibilities. 1 2 3 4	30 My work load is manageable. 1 2 3 4	31 I explore paid and/or volunteer opportunities that interest me. 1 2 3 4	

EVENTS

[How We Must Stop Minding Our Own Business in the Legal World](#) – 10/4 | 12 PM CST
[Protecting Well-Being in Law School and in the Transition to Law Practice](#) – 10/7 | 3 PM
[A Conversation with Afro-Latinx Legal Professional in the US](#) – 10/13 | 12 PM CST
[ABA Virtual Office Hours: Health & Wealth](#) - 10/14 | 1 PM CST
[Cooking with Prof. Barnes](#) – 10/24 | 5 PM CST
[Legal Writing Resiliency: Giving & Taking Feedback](#) - 10/27 | 12 PM CST

WELLNESS PROGRAM

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