

# JUNE 2022

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Start the day with gratitude. Write down 10 things you are grateful for.	2 <a href="#">What You Need to Know about Public Service Loan Forgiveness</a> – 7:30 PM	3 <a href="#">The Road to Zero: A Strategic Approach to Student Loan Repayment</a> – 11 AM	4 Do a <a href="#">4-minute mindful body scan</a> to see how you feel.	5 Listen to your favorite music and dance.
6 Experiencing anxiety and don't know what to do? Listen to these <a href="#">TED Talks</a>	7 Do some yoga or deep breathing exercises with <a href="#">Insight Timer</a> .	8 How do you show your loved ones that they are important?	9 <a href="#">Webinar - Your Public Service Loan Forgiveness Action Plan</a> – 10 AM	10 Connect with free counselors - <a href="#">Student Assistance Program (SAP)</a> Call: 855-270-3349	11 Do some physical exercises today (yoga, running, walking, etc.).	12 What are you doing this summer to prioritize your wellness?
13 TLAP - <a href="#">Law Students/ Attorneys with depression</a> -7 PM CST	14 Take a moment to enjoy the food you are eating.	15 <a href="#">Check out TLAP's recorded webinar – Well-Being for Bar Exam Takers.</a>	16 Take a moment to check in on how you feel. Are you doing ok?	17 Take a walk outside (and don't forget the sunscreen and water!).	18 Take 1 minute to notice the room around you – what colors do you see? Objects? Sounds?	19 Who/what makes you feel better when you are overwhelmed?
20 Find your flow – get lost in doing something that it seems time slips away.	21 <a href="#">How to Benefit from the Public Service Loan Forgiveness Limited Waiver Opportunity</a> – 11 AM	22 What activity makes you happy? How often do you do it?	23 <a href="#">TLAP</a> provides peer support & crisis counseling. Call 800-343-8527	24 Need to start budgeting better? <a href="#">Here are budget templates that can help.</a>	25 Watch a movie tonight.	26 Check out below on how to create a self-care kit to keep around when you need!
27 Tell a loved one what you appreciate about them.	28 Take time today to look at the things you accomplished.	29 Don't know what kind of lawyer you want to be? <a href="#">ABA for Law Students</a> offers articles to help you understand <a href="#">Legal</a> and <a href="#">Alternative Career Paths</a> available.	30	<i>Embracing the Moment</i>		

## Create a Self-Care Kit

A self-care kit is an individualized way for you to ground yourself when you are overwhelmed, anxious, etc.

Start by getting a box/container (ex. shoe box) and collect things that make you feel better, such as tea sachets, fuzzy socks, candles, headphones, index cards with affirmations, photos of loved ones, a journal, your favorite book, a sweet/salty treat, your favorite movie, a sugar scrub, a blanket, etc. Write down the call numbers for the SAP (855-270-3349; TY: 711) and TLAP (800-343-8527) for when you need to talk to someone.

Keep this in an accessible place for you to get out when you need.

## WELLNESS PROGRAM

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Schedule a meeting:

<https://calendly.com/apawlowski>