

MARCH 2022

WELLNESS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|--|
| | 1 Connect with free counselors - Student Assistance Program (SAP) Call: 855-270-3349 | 2 TLAP provides peer support & crisis counseling. Call 800-343-8527 | 3 Webinar: What Law Students Need to Know about Filing Taxes This Year 7:30 PM | 4 Self-regulating your breathing can lessen anxiety, stress, & depression. | 5 What is deep breathing? Here is a video of what it is and how to deep breathe! | 6 Make flashcards throughout the semester so that you don't rush right before finals. |
| 7 Get a good night's sleep every night | 8 Try guided visualizations to reduce stress and anxiety. | 9 Keep updating your outlines throughout the semester. | 10 ABA Virtual Office Hours: March 2022 MPRE 5 PM CST | 11 You are now halfway through the semester! | 12 Reflect on how you have been doing so far; make changes if needed | 13 Watch the clouds & take a moment to focus on what you are feeling. |
| SPRING BREAK | | | | | | 20 Write a quick poem about anything. |
| 14 | 15 | 16 | 17 | 18 | 19 Call/text a friend today and tell them a cheesy joke. | 27 Make a playlist that has calming or instrumental music for studying. |
| 21 Pro bono deadline for JD students planning to graduate this May! | 22 Webinar: Building Your Law School Budget 11 AM CST | 23 Sing along to your favorite song! | 24 Webinar: 8 Essential Tips for First Time Bar Exam Takers 1 PM CST | 25 Progressive muscle relaxation helps alleviate stress and anxiety. | 26 Do some gentle stretches whether sitting down or standing up. | 27 Make a playlist that has calming or instrumental music for studying. |
| 28 Late filing deadline to register for the July bar exam is April 1, 2022 | 29 Evaluate how you are feeling (emotionally, physically). | 30 Doodle on a piece of paper to take a little break! | 31 Webinar: The Road to Licensure 12 PM CST | <i>Catching a breath</i> | | |

EVENTS

- [Webinar: What Law Students Need to Know about Filing Taxes This Year](#) 3/3 | 7:30 PM CST
- [ABA Virtual Office Hours: March 2022 MPRE](#) 3/10 | 5 PM CST
- [Webinar: 8 Essential Tips for First Time Bar Exam Takers](#) 3/24 | 1 PM CST
- [Webinar: Building Your Law School Budget](#) 3/22 | 11 AM CST
- [Webinar: The Road to Licensure](#) 3/31 | 12 PM CST

WELLNESS PROGRAM

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Schedule a meeting:
<https://calendly.com/apawlowski>