

MAY 2022

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>Celebrating Accomplishments</h1>						1 Walk outside to get some fresh air. Enjoy the weather (even if it is rainy!).
JD Final Exams 2 Focus on what you can control and let go of the things you can't.	3 Last day to apply for May 2022 graduation.	4 Don't forget to hydrate! Drink some water to keep you focused.	5 Virtual Office Hours: Consolidating Versus Refinancing Your Student Loans 7:30 PM CST	6 Did you know being grateful positively impacts your sleep? It's true!	Fort Worth Commencement 7 You made it through the semester! Do a happy dance to celebrate!	8 Take a relaxing day!
9 Stories of Recovery – 12 PM CST Law Students/Attorneys with depression -7 PM	10 Connect with free counselors - Student Assistance Program (SAP) . Call: 855-270-3349	11 Reach out to a loved one today to show appreciation.	12 Try meditating while you exercise – breathing to train the mind and body.	13 What is one thing you did this semester that you are really proud of?	14 Treat yourself to something you enjoy today!	15 Write down 5 things you did well this semester that you are proud of.
16 Need disability accommodations for summer courses? Reach out to Student Affairs!	17 The Road to Zero: A Strategic Approach to Student Loan Repayment 7 PM CST	18 Graduation applications opens in Howdy for those graduating in August 2022.	19 How to Benefit from the Public Service Loan Forgiveness Limited Waiver Opportunity 2 PM	20 Periodically review the material from the bar-tested courses that you have taken.	21 Make a check list of 3 things you'd like to accomplish today, and check them off as you go!	22 Write down 5 things you'd like to improve next semester.
23 Summer courses begin.	24 Think about what skills you gained this semester/year.	25 Webinar - Your Public Service Loan Forgiveness Action Plan 2 PM CST	26 Celebrating and acknowledging your success can fuel motivation.	27 What has made you a better person/student this year?	28 Do this 16-minute meditation to change Self Doubt to Celebration .	29 TLAP provides peer support & crisis counseling. Call 800-343-8527
30 Take time to celebrate your achievements before moving to the next thing.	31 Being thankful is a feeling, and being grateful is an action. To be grateful is to show an appreciation.	<h1>You finished the semester!</h1>				WELLNESS PROGRAM Allison Pawlowski (she/her/hers) 817-212-4111 apawlowski@law.tamu.edu Schedule a meeting: https://calendly.com/apawlowski