

# OCTOBER 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<h2 style="margin: 0;">TAKING STOCK</h2> <p style="margin: 0;">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</p>					<b>WEEKLY TOTALS</b> ___ / 28    ___ / 28 ___ / 28    ___ / 28		<b>1</b> 1Ls – Deadline to submit <u>Declaration of Intent to Study Law</u> with the BLE!	<b>2</b> <u>My SSP</u> is a free, confidential, and unlimited counseling service for you!
					<b>EMOTIONAL 3</b> I am able to make decisions with minimal stress or worry. 1 2 3 4	<b>4</b> I recognize when I am stressed and take steps to manage my stress. 1 2 3 4	<b>5</b> I am resilient and can bounce back after a problem or disappointment. 1 2 3 4	<b>6</b> I maintain a balance of work, family, friends, and other obligations. 1 2 3 4
FALL BREAK	<b>PHYSICAL 10</b> I get 6 – 8 hours of sleep each night. 1 2 3 4	<b>11</b> I engage in physical exercise regularly (e.g. 30 mins at least 5x a week). 1 2 3 4	<b>12</b> I protect myself and others from getting ill (e.g. wash my hands, wear a mask, cover my cough). 1 2 3 4	<b>13</b> I abstain from drinking alcohol; or if I do drink, I am to keep my BAC ≤ .06. 1 2 3 4	<b>14</b> I avoid using tobacco products or other drugs. 1 2 3 4	<b>15</b> I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains). 1 2 3 4	<b>16</b> I get regular physical exams with doctors, dentists, optometrists, etc. 1 2 3 4	
	<b>FINANCIAL 17</b> I could handle a major unexpected expense. 1 2 3 4	<b>18</b> I am securing my financial future. 1 2 3 4	<b>19</b> I am not behind with my finances. 1 2 3 4	<b>20</b> My finances don't control my life. 1 2 3 4	<b>21</b> I can enjoy life because of the way I'm managing my money. 1 2 3 4	<b>22</b> I have money left over at the end of the month. 1 2 3 4	<b>23</b> Because of my money situation, I feel like I will have the things I want in life. 1 2 3 4	
WELLNESS WEEK	<b>OCCUPATIONAL 24</b> I get personal satisfaction and enrichment from work or school. 1 2 3 4	<b>25</b> I believe that I am able to contribute my knowledge, skills, and talents at work or school. 1 2 3 4	<b>26</b> I seek out opportunities to improve my knowledge or skills. 1 2 3 4	<b>27</b> I balance my social life and responsibilities well. 1 2 3 4	<b>28</b> I effectively handle my level of stress related to work responsibilities. 1 2 3 4	<b>29</b> My work load is manageable. 1 2 3 4	<b>30</b> I explore paid and/or volunteer opportunities that interest me. 1 2 3 4	

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If you are experiencing difficulties, reach out to Student Affairs to find resources.

## ADDITIONAL ASSESSMENTS:

Financial Well Being Assessment

<https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

Wellness Self-Assessment

<https://umatter.princeton.edu/sites/g/files/toruqf2181/files/media/princeton-umatter-wellness-self-assessment.pdf>

## WELLNESS PROGRAM

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Schedule a meeting:

<https://calendly.com/apawlowski>