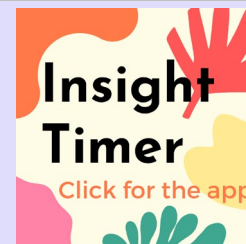
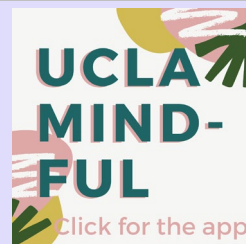
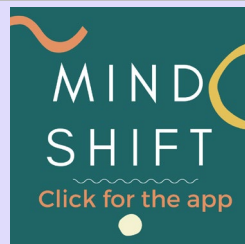


# DECEMBER 2023

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>RECHARGING</h1>				<b>JD Final Exams 1</b> Make (and follow) a sleep schedule.	<b>2</b> <u>Telus Health</u> is a free, confidential, and unlimited counseling service for you!	<b>3</b> <u>Look away from your computer screen for 20 seconds every 20 minutes.</u>
				<b>4</b> Taking the Bar in July? <u>Registration opens today!</u>	<b>5</b> <u>Road to Zero: A Strategic Approach to Student Loan Repayment</u> – 7 PM	<b>6</b> <u>TLAP</u> provides peer support, crisis counseling. Call or text 800-343-8527
<b>11</b> Reflect on how your semester went. What went well, what could be improved?	<b>12</b> Read a book that you have been looking forward to.	<b>13</b> <u>Your Public Service Loan Forgiveness Action Plan</u> – 1 PM CST	<b>14</b> <u>Paying for Law School</u> – 2 PM CST	<b>15</b> Commencement and Hooding Ceremony in College Station.	<b>16</b> The ABA Law Student Division posts <u>podcasts</u> that you can check out!	<b>17</b> Do a <u>quick workout</u> at home.
<b>18</b> Take a bath or a relaxing moment for yourself.	<b>19</b> Use <u>Insight Timer</u> to find a meditation or join a live yoga session.	<b>20</b> Bake a treat for you, a friend, or a pet.	<b>21</b> Having too much free time? <u>Discover a new hobby.</u>	<b>22</b> <u>Ways to help mental health during the holidays.</u>	<b>23</b> <u>Take a nap.</u>	<b>24</b> Clean a room in your home.
<b>25</b> Dance to music you enjoy.	<b>26</b> Reach out to someone with a supportive message.	<b>27</b> Write down something you are grateful for.	<b>28</b> Do something artsy or crafty.	<b>29</b> Make a list of your accomplishments from this semester (or year).	<b>30</b> Think positive thoughts about the year to come!	<b>31</b> You made it through the year! Congrats!

### WELLNESS APPS:



### STUDENT SUPPORT

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