

# JANUARY 2023

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<h3>PRACTICING RESILIENCE</h3> <p>The <a href="#">American Psychological Association</a> has identified five areas to build resilience when facing adversity, trauma, and other stresses.</p>				<p><b>Seek Professional Help</b></p>	<p><a href="#">My SSP</a> is a free counseling service for TAMU Law students.</p>	<p><a href="#">TLAP</a> provides peer support &amp; crisis counseling. Call 800-343-8527</p>	
2	3 Prioritize relationships.	4 <b>Graduation application opens in Howdy for May 2023 candidates.</b>	5 Join a group, social organization, or volunteer network.	6 Reach out to your Fall semester professors about reviewing your exams.	7 Send a supportive message to a friend.	8 Confide in a friend or mental health professional.	
<p><b>Build your Connections</b></p>	9	10 Practice mindfulness or gratitude.	11 Take care of your body.	12 Focus on ways to manage stress.	13 Avoid negative outlets such as alcohol, drugs, or other substances.	14 Need classroom accommodations? Reach out to <a href="#">Student Affairs</a> .	
<p><b>Foster Wellness</b></p>	16 Martin Luther King, Jr Day	17 <b>Classes Begin</b> Make a personal and academic goal for yourself this semester.	18 Take decisive actions to help you face your challenges.	19 Do something for someone else.	20 Determine what to work on this semester to develop your strengths.	21 Be proactive for the semester.	
<p><b>Find Purpose</b></p>	23 Last day to add a course (JD) and add/drop a course (distance programs)	24	25 Maintain a hopeful outlook on life.	26 Reframe negative thoughts.	27 <b>Last day to elect pass/fail option (JD courses).</b>	28 Accept that change is a natural & unavoidable part of life.	
	30	31 <b>Tomorrow is the timely deadline to file an application with the BLE for the July Bar exam.</b>	<p><b>Embrace Healthy Thoughts</b></p>				29 Learn from your past.
<p>In the space to the right, write down three goals for the semester.</p>				<p><b>Personal/Academic Goals for the Spring 2023 Semester:</b></p> <ol style="list-style-type: none"> <li>_____</li> <li>_____</li> <li>_____</li> </ol>		<p><b>STUDENT SUPPORT</b> Allison Pawlowski (she/her/hers) 817-212-4111 <a href="mailto:apawlowski@law.tamu.edu">apawlowski@law.tamu.edu</a> Schedule a meeting: <a href="https://calendly.com/apawlowski">https://calendly.com/apawlowski</a></p>	