

JUNE 2023

WELLNESS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|---|
| | | | 1 | 2 | 3 | 4 |
| <i>Embracing the Moment</i> | | | Start the day with gratitude. Write down 10 things you are grateful for. | Who can you reach out to if you need to talk? | Do a 4-minute mindful body scan to see how you feel. | Listen to your favorite music and dance. |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Experiencing anxiety and don't know what to do? Listen to these TED Talks | Do some yoga or deep breathing exercises with Insight Timer . | The Road to Zero: A Strategic Approach to Student Loan Repayment – 1 PM CST | How do you show your loved ones that they are important? | My SSP is a free counseling service for TAMU Law students. | Do some physical exercises today (yoga, running, walking, etc.). | What are you doing this summer to prioritize your wellness? |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Look around you and name five things that are green. This is a way of practicing mindfulness. | Take a moment to enjoy the food you are eating. | Your Public Service Loan Forgiveness Action Plan – 7 PM CST | Take a moment to check in on how you feel. Are you doing ok? | Take a walk outside (and don't forget the sunscreen and water!). | Take 1 minute to notice the room around you – what colors do you see? Objects? Sounds? | Who/what makes you feel better when you are overwhelmed? |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Find your flow – get lost in doing something that it seems time slips away. | What can you do to help a loved one today? | What activity makes you happy? How often do you do it? | TLAP provides peer support & crisis counseling. Call 800-343-8527 | Need to start budgeting better? Here are budget templates that can help. | Watch a movie tonight. | Check out below on how to create a self-care kit to keep around when you need it! |
| 26 | 27 | 28 | 29 | 30 | | |
| Tell a loved one what you appreciate about them. | Take time today to look at the things you accomplished. | Don't know what kind of lawyer you want to be? ABA for Law Students offers articles to help you understand the Legal and Alternative Career Paths available. | | What is something that motivates you? | | |

Create a Self-Care Kit

A self-care kit is an individualized way for you to ground yourself when you are overwhelmed, anxious, etc.

Start by getting a box/container (ex. shoe box) and collect things that make you feel better, such as tea sachets, fuzzy socks, candles, headphones, index cards with affirmations, photos of loved ones, a journal, your favorite book, a sweet/salty treat, your favorite movie, a sugar scrub, a blanket, etc. Write down the call numbers for My SSP (866-576-1410) and TLAP (800-343-8527) for when you need to talk to someone.

Keep this in an accessible place for you to get out when you need it.

STUDENT SUPPORT PROGRAM

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Schedule a meeting:

<https://calendly.com/apawlowski>