

MARCH 2023

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Catching a breath</i>		1 <u>TLAP</u> provides peer support & crisis counseling. Call 800-343-8527	2 Keep updating your outlines throughout the semester.	3 <u>Self-regulating your breathing can lessen anxiety, stress, & depression.</u>	4 What is deep breathing? <u>Here is a video of what it is and how to deep breathe!</u>	5 Make flashcards throughout the semester so that you don't rush right before finals.
6 <u>Get a good night's sleep every night.</u>	7 <u>Try guided visualizations to reduce stress and anxiety.</u>	8 Two webinars next week covering <u>personal finances</u> and <u>debt relief plans</u> ! See below for details. ↘	9	10 You are now halfway through the semester!	11 Reflect on how you have been doing so far; make changes if needed	12 Watch the clouds & take a moment to focus on what you are feeling.
13	14	15	16	17	18 Call/text a friend today and tell them a cheesy joke.	19 Write a quick poem about anything.
SPRING BREAK						
20 <u>Pro bono deadline for JD students planning to graduate this May!</u>	21 <u>Webinar: The Road to Licensure</u> 7 PM CST	22 <u>Webinar: The MPRE</u> 11 AM CST	23 <u>My SSP</u> is a free counseling service for TAMU Law students.	24 <u>Progressive muscle relaxation</u> helps alleviate stress and anxiety.	25 Do some gentle stretches whether sitting down or standing up.	26 Make a playlist that has calming or instrumental music for studying.
27 The late filing deadline to register for the July bar exam is April 1.	28 Evaluate how you are feeling (emotionally, and physically).	29 Doodle on a piece of paper to take a little break.	30 Sing along to your favorite song.	31 <u>My SSP</u> is a free counseling service for TAMU Law students.		

EVENTS

- 3/15 – Webinar: An Introduction to Personal Finance for First-Generation Students – 11 AM CST
- 3/16 – Webinar: How the Biden Administration's Student Debt Relief Plan Impacts Law Students and Current Borrowers – 11 AM CST
- 3/21 – Webinar: The Road to Licensure – 7 PM CST
- 3/22 – Webinar: The Multistate Professional Responsibility Exam (MPRE) – 11 AM CST

STUDENT SUPPORT

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