

OCTOBER 2023

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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TAKING STOCK

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

WEEKLY TOTALS

___ / 28	___ / 28
___ / 28	___ / 28

1
1Ls – Deadline to submit Declaration of Intent to Study Law with the BLE!

EMOTIONAL 2 I am able to make decisions with minimal stress or worry. 1 2 3 4	3 I recognize when I am stressed and take steps to manage my stress. 1 2 3 4	4 I am resilient and can bounce back after a problem or disappointment. 1 2 3 4	5 I maintain a balance of work, family, friends, and other obligations. 1 2 3 4	6 I am flexible and adapt or adjust to change in a positive way. 1 2 3 4	7 I find it easy to express my emotions in a positive, constructive way. 1 2 3 4	8 When I am angry, I try to let others know in non-hurtful or confrontational ways. 1 2 3 4
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FALL BREAK	PHYSICAL 9 I get 6 – 8 hours of sleep each night. 1 2 3 4	10 I engage in physical exercise regularly (e.g. 30 mins at least 5x a week). 1 2 3 4	11 I protect myself and others from getting ill (e.g. wash my hands, wear a mask, cover my cough). 1 2 3 4	12 I abstain from drinking alcohol; or if I do drink, I am to keep my BAC ≤ .06. 1 2 3 4	13 I avoid using tobacco products or other drugs. 1 2 3 4	14 I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains). 1 2 3 4	15 I get regular physical exams with doctors, dentists, optometrists, etc. 1 2 3 4
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FINANCIAL 16 I could handle a major unexpected expense. 1 2 3 4	17 I am securing my financial future. 1 2 3 4	18 I am not behind with my finances. 1 2 3 4	19 My finances don't control my life. 1 2 3 4	20 I can enjoy life because of the way I'm managing my money. 1 2 3 4	21 I have money left over at the end of the month. 1 2 3 4	22 Because of my money situation, I feel like I will have the things I want in life. 1 2 3 4
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WELLNESS WEEK	OCCUPATIONAL 23 I get personal satisfaction and enrichment from work or school. 1 2 3 4	24 I believe that I am able to contribute my knowledge, skills, and talents at work or school. 1 2 3 4	25 I seek out opportunities to improve my knowledge or skills. 1 2 3 4	26 I balance my social life and responsibilities well. 1 2 3 4	27 I effectively handle my level of stress related to work responsibilities. 1 2 3 4	28 My work load is manageable. 1 2 3 4	29 I explore paid and/or volunteer opportunities that interest me. 1 2 3 4
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Telus Health is a free, confidential, and unlimited counseling service for you!

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

ADDITIONAL ASSESSMENTS:

- Financial Well-Being Assessment
- Wellness Self-Assessment

ADDITIONAL RESOURCES:

- Financial Wellness: AccessLex
- Student Wellness Resources

WELLNESS PROGRAM

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Schedule a meeting:
<https://calendly.com/apawlowski>