

JANUARY 2024

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>PRACTICING RESILIENCE</h1> <p>The American Psychological Association has identified five areas to build resilience when facing adversity, trauma, and other stresses.</p>				<p>Seek Professional Help</p>	<p>Telus Health is a free counseling service for TAMU Law students.</p>	<p>TLAP provides peer support & crisis counseling. Call 800-343-8527</p>
1	2 Prioritize relationships.	3 Graduation application opens in Howdy for May 2024 candidates.	4 Join a group, social organization, or volunteer network.	5 Reach out to your Fall semester professors about reviewing your exams.	6 Send a supportive message to a friend.	7 Confide in a friend or mental health professional.
<p>Build your Connections</p>						
8	9 Practice mindfulness or gratitude.	10 Take care of your body.	11 Focus on ways to manage stress.	12 Avoid negative outlets such as alcohol, drugs, or other substances.	13 Need classroom accommodations? Reach out to Student Affairs .	14 Find a reason to smile!
<p>Foster Wellness</p>						
Martin Luther King, Jr Day 15	16 Classes Begin Make a personal and academic goal for yourself this semester.	17 Take decisive actions to help you face your challenges.	18 Do something for someone else.	19 Determine what to work on this semester to develop your strengths.	20 Be proactive for the semester.	21 Live according to your values.
<p>Find Purpose</p>						
22 Last day to add a course (JD) and add/drop a course (distance programs)	23	24 Maintain a hopeful outlook on life.	25 Reframe negative thoughts.	26 Last day to elect pass/fail option (JD courses).	27 Accept that change is a natural and unavoidable part of life.	28 Learn from your past.
<p>Embrace Healthy Thoughts</p>						
29 What goals do you have for this spring semester?	30 Last day to drop a course for JD courses and Fort Worth graduate courses.	31 Tomorrow is the timely deadline to file an application with the BLE for the July Bar exam.	<p>STUDENT SUPPORT Allison Pawlowski (she/her/hers) 817-212-4111 apawlowski@law.tamu.edu Schedule a meeting: https://calendly.com/apawlowski</p>			
			<p>Start the year strong!</p>			