

JUNE 2024

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Embracing the Moment</i>					1	2
					Do a 4-minute mindful body scan to see how you feel.	Listen to your favorite music and dance.
3	4	5	6	7	8	9
Experiencing anxiety and don't know what to do? Listen to these TED Talks	Do some yoga or deep breathing exercises with Insight Timer .	Webinar - The Road to Zero: A Strategic Approach to Student Loan Repayment - 2 PM	How do you show your loved ones that they are important?	Telus Health 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?
10	11	12	13	14	15	16
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.	Who can you reach out to if you need to talk?	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?
17	18	19	20	21	22	23
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?	Webinar - Your Public Service Loan Forgiveness Action Plan - 5 PM	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!
24	25	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 practice areas and practice settings for JD career paths.		What is something that motivates you?	Start the day with gratitude. Write down 10 things you are grateful for.	TLAP provides peer support & crisis counseling. Call 800-343-8527

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 Telus Health (866-743-7732) 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>