

# MARCH 2024

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Catching a breath</i>				1 <u>Self-regulating your breathing can lessen anxiety, stress, &amp; depression.</u>	2 What is deep breathing? <u>Here is a video of what it is and how to deep breathe!</u>	3 Make flashcards throughout the semester so that you don't rush right before finals.
4 <u>Get a good night's sleep every night.</u>	5 <u>Try guided visualizations to reduce stress and anxiety.</u>	6 <u>Webinar: The MPRE – 11 AM CST</u>	7 <u>Webinar: An Intro to Personal Finance for First-Generation Students – 7 PM</u>	8 You are now halfway through the semester!	9 Reflect on how you have been doing so far; make changes if needed	10 Watch the clouds & take a moment to focus on what you are feeling.
<b>SPRING BREAK</b>						17 Write a quick poem about anything.
18 <u>Pro bono deadline for JD students planning to graduate this May!</u>	19 Reflect on something that made you happy today.	20 <u>Webinar: Paying for Law School – 11 AM CST</u>	21 <u>Telus Health</u> is a free counseling service for TAMU Law students.	22 What is something you can do to help someone else?	23 Do some gentle stretches whether sitting down or standing up.	24 Make a playlist that has calming or instrumental music for studying.
25 The late filing deadline to register for the July bar exam is April 1.	26 Evaluate how you are feeling (emotionally, and physically).	27 Doodle on a piece of paper to take a little break.	28 Sing along to your favorite song.	29 <u>Progressive muscle relaxation</u> helps alleviate stress and anxiety.	30 Keep updating your outlines throughout the semester.	31 <u>TLAP</u> provides peer support & crisis counseling. Call 800-343-8527

# EVENTS

- 3/6 – Webinar: The MPRE – 11 AM CST
- 3/7 – Webinar: An Intro to Personal Finance for First-Generation Students – 7 PM
- 3/11 – 15 – SPRING BREAK
- 3/20 – Webinar: Paying for Law School – 11 AM CST

## STUDENT SUPPORT

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