

# MAY 2024

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Focus on what you can control and let go of the things you can't.	2 <b>Last day of JD Final Exams!</b>	3 You made it through the semester! Do a happy dance to celebrate!	4 <b>Fort Worth Commencement 1-3 PM CST</b>	5 Walk outside to get some fresh air. Enjoy the weather (even if it is rainy!).
6 Take time to celebrate your achievements before moving to the next thing.	7 Need disability accommodations? Reach out to <a href="#">Student Affairs!</a>	8 Don't forget to hydrate! Drink some water to keep you focused.	9 <a href="#">TLAP</a> provides peer support & crisis counseling. Call 800-343-8527	10 Did you know being grateful positively impacts your sleep? <a href="#">It's true!</a>	11 Think about what skills you gained this semester/year.	12 Take a relaxing day!
13 Do this 16-minute meditation to change <a href="#">Self Doubt to Celebration.</a>	14 Being thankful is a feeling, and being grateful is an action.	15 Graduation applications open for August 2024.	16 Celebrating and acknowledging your success can fuel motivation.	17 What is one thing you did this semester that you are really proud of?	18 Treat yourself to something you enjoy today!	19 What has made you a better person/student this year?
20 <b>JD Summer courses begin.</b>	21 Write down 5 things you did well this semester that you are proud of.	22 Try <a href="#">meditating while you exercise</a> – breathing to train the mind and body.	23 Focus on what you can control and let go of the things you can't.	24 Make a check list of 3 things you'd like to accomplish today, and check them off as you go.	25 Periodically review the material from the bar-tested courses that you have taken.	26 Write down 5 things you'd like to improve next semester.
27 Reach out to a loved one today to show appreciation.	28 Think about what you are doing this summer to help you achieve your goals.	29 <a href="#">Telus Health</a> is a free counseling service for TAMU Law students.	30 <i>You finished the semester!</i>		31	

### STUDENT SUPPORT

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Schedule a meeting:

<https://calendly.com/apawlowski>

*Celebrating Accomplishments!*