



## Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STARTING STRONG</b>				<b>Remember!</b> 1 Wear a mask and keep social distance of 6 feet when in public.	2 Say hi to the Wellness Program Coordinator. (Details below)	3 Take a moment to breathe and assess how you are feeling.
4 Assess if you need <a href="#">Classroom Accommodations</a> and submit a request by 8/17.	5 Identify the people who support you outside of law school and reach out to show appreciation.	6 Check your medical insurance or see if you need to find medical insurance.	7 Write down something you are grateful for today and share it with a friend.	8 Download the <a href="#">Sanvello app</a> to have daily wellness reminders. Use your TAMU email to gain premium access!	9 Be active today! Go on a walk or jog in the morning before it gets hot.	10 Plan meals for the week ahead to save money.
11 Prepare a space at home to work. <a href="#">Setting up the area</a> will help manage time between work and life.	12 Identify a system of recording tasks/meetings to help you manage time through the semester.	13 Change technology screens to be warmer colors to help with sleep and headaches.	<b>Orientation</b> 14 Stay hydrated! With long days of work, water can help focus the mind.	<b>Orientation</b> 15 Take a stretch break to increase productivity and benefit your long-term health.	16 Find a hobby that relaxes you.	17 Prepare your supplies for classes or work the night before to feel less rushed in the morning.
<b>First Day of Class!</b> 18 Make a friend in class OR Reach out to a friend	<b>VIRTUAL EVENT:</b> 19 Make a Comfort Kit! (Details below)	<b>VIRTUAL EVENT:</b> 20 Wellness Connections with Chef Ed Soto Time: 4:00-5:00 PM CT (Details below)	21 Talk about your schedule and expectations to your household members.	<b>Tuition Deadline</b> 22 Be sure to <a href="#">pay your tuition</a> and learn about installment options.	23 Connect with free counselors through the <a href="#">Student Assistance Program (SAP)</a> at 1-855-270-3379 (TTY: 711).	24 Call a loved one today.
25 Don't hit snooze in the mornings to avoid stress and grogginess.	26 Make a calendar for your semester to remember important dates.	27 Share a quote or reason you are pursuing your degree with friends.	28 Reach out to someone who is different than you and learn more about them.	29 Last day to drop a course for Fort Worth law students. The <a href="#">Office of Student Services</a> can help.	30 Remember to put on sunscreen, even if it's cloudy outside.	31 Dance it out! Dance to a song that makes you happy.
31 Relax your mind and body before bed with deep breathing exercises.						

# EVENTS

### WELLNESS PROGRAM COORDINATOR

Allison Pawlowski is the Wellness Program Coordinator at Texas A&M University School of Law. Contact her at [apawlowski@law.tamu.edu](mailto:apawlowski@law.tamu.edu).

### VIRTUAL EVENT: MAKE A COMFORT KIT

Make a box that reminds you of your goals, motivations, and self-care to be used when you are feeling stressed. Register to [attend this event HERE!](#)

### VIRTUAL EVENT: WELLNESS CONNECTIONS WITH CHEF ED SOTO

**Hosted by Tarrant County Bar Association**  
 Learn how to make protein bites and discuss how to maximize grocery shopping. Register to [attend this event HERE!](#)