



Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><i>Embracing the Moment</i></p>			1 Start the day (and month) with gratitude. Write down 10 things you are grateful for.	2 Listen to the lyrics of the song you like and really think about the meaning.	3 Reach out to a friend today and catch up.	4 Take a moment to really enjoy the food you are eating and think of how it sustains you.
			5 Do a <u>4-minute mindful body scan</u> to see how you feel.	6 <u>AccessLex Event 6</u> <u>Webinar – The Road to Zero: A Strategic Approach to Student Loan Repayment</u> 2 PM	7 <u>AccessLex Event 7</u> <u>Webinar – The Multistate Professional Responsibility Exam (MPRE)</u> 2 PM CST	8 Look at <u>these ways</u> to stop endless scrolling on social media.
12 <u>TLAP Events</u> <u>Stories of Recovery</u> – 12 PM CST <u>Law Students/Attorneys with depression</u> -7 PM CST	13 Heads up! Timely deadline to register for the February bar exam is on September 1.	14 <u>AccessLex Event 14</u> <u>Webinar – Paying for Law School</u> 2 PM CST	15 <u>Wakeful Wednesdays – Mindfulness in Law Society</u> ½ hour virtual sit 4 PM CST	16 <u>Check out TLAP's recorded webinar – Well-Being for Bar Exam Takers.</u>	17 Take a moment to check in on how you feel. Are you doing ok?	18 Take a walk outside (and don't forget the sunscreen and water!).
19 Try one of the <u>100+ things to do</u> instead of being on social media.	20 <u>AccessLex Event 20</u> <u>Webinar – The Road to Licensure</u> 11 AM CST	21 Find your groove – lose time doing something productive!	22 Take 1 minute to notice the room around you – what do you see?	23 Heads up! The deadline to register for the Nov. MPRE is 9/17.	24 <u>TLAP</u> provides peer support & crisis counseling. Call 800-343-8527	25 <u>Create a workout plan</u> that best fits your needs and abilities.
26 <u>Mindful Mondays – Mindfulness in Law Society</u> ½ virtual sit 2 PM CST	27 Good luck to those taking the Texas Bar Exam!		28	29 <u>ABA Event 29</u> <u>ABA Virtual Office Hours: Buying & Leasing Autos</u> 1 PM CST	30 Begin to make your study schedule for your Fall semester.	31 Take some time for you today and do something you love.

EVENTS

- The Road to Zero: A Strategic Approach to Student Loan Repayment – 7/6 | 2 PM CST
- The Multistate Professional Responsibility Exam (MPRE) – 7/7 | 2 PM CST
- Paying for Law School – 7/14 | 2 PM CST
- Wakeful Wednesday – 7/15 | 4 PM CST
- The Road to Licensure – 7/20 | 11 AM CST
- Mindful Mondays – 7/26 | 2 PM CST
- ABA Virtual Office Hour: Buying & Leasing Autos – 7/29 | 1 PM CST

WELLNESS PROGRAM

Allison Pawlowski (*she/her*)
817-212-4111 | apawlowski@law.tamu.edu
Schedule a meeting:
<https://calendly.com/apawlowski>