



Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Virtual Event 1 <u>Virtual QPR Training</u> 2 PM – 3 PM CST Free suicide prevention training	2 To be intentional, define your purpose/ goal you want achieve and align your actions to it.	AccessLex Event 3 <u>Building Your Law School Budget</u> 8 PM CST	4 Be mindful of the media you consume.	5 Choose to be kind today.	6 <u>Mental Health, Physical Health and Wellness Resources for Bar Exam Prep</u>
7 Do something that brings you joy today.	8 Check out the podcast <u>Path to Law Student Well-Being</u>	9 Practice <u>active listening</u> .	ABA Virtual Event 10 <u>Virtual Office Hours: Public Service Loan Forgiveness</u> 1 PM – 1:30 PM CST	11 Ask “why” before you buy. Be deliberate with your purchases.	12 <u>How to get better at handling stress in law school (and beyond)</u>	13 Connect with free counselors - <u>Student Assistance Program (SAP)</u> Call: 855-270-3349
TLAP Events 14 <u>Stories of Recovery</u> – 12 PM CST <u>Law Students/ Attorneys with depression</u> -7 PM CST	15 <u>10 Tips for Preparing for the Bar Exam</u>	16 <u>Schedule a free virtual financial coaching session today with AccessLex.</u>	17 Schedule your doctor, dentist, etc. appointments.	18 <u>The fight-or-flight plight: Staying calm during bar exam prep (podcast)</u>	19 Do a meditation, workout, or walk to focus on your breathing.	20 Define what success means to you. This will guide your actions to help you feel fulfilled.
21 Be aware of your relationships and who you spend time with – do they make you feel better?	AccessLex Event 22 <u>The Road to Zero: A Strategic Approach to Student Loan Repayment</u> 5 PM CST	23 Reduce the amount of time on social media with a focus app such as <u>Flora</u> , <u>Forest</u> , or <u>Flipd</u> .	TCBA Event 24 <u>SIDE Bar Conversation: LGBTQ Awareness & Inclusion</u> 12 – 1 PM CST	25 Take a walk today and track your progress with a <u>free walking app</u> .	26 What are 3 things you would like to accomplish today?	27 Reflect on how your summer is going so far.
28 <u>TLAP</u> provides peer support & crisis counseling. Call 800-343-8527	29 Prioritize rest and self-care.	30 Do a short <u>6 minute meditation</u> to set your intentions.	<h1>Being Intentional</h1>			

EVENTS

Virtual QPR Training – 6/1, 2 PM CST

Building Your Law School Budget – 6/3, 8 PM CST

ABA Virtual Office Hours: Public Service Loan Forgiveness – 6/10, 1 PM CST

The Road to Zero: A Strategic Approach to Student Loan Repayment – 6/22, 5 PM CST

TCBA SIDE Bar Conversation: LGBTQ Awareness & Inclusion – 6/24, 12 PM CST

WELLNESS PROGRAM

Allison Pawlowski

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Virtual Office Hours:

Mon: 4 PM– 6 PM;

Tues-Friday: 11:30AM-1:30PM

Meeting ID: 793 537 9413