

Wellness Calendar

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Goal Setting: Spend some time setting goals for the month of September	2 Reflect: What makes you feel most inspired?	3 Walk: Go for a walk and disconnect for 5 minutes	4 Virtual Group <u>REGISTER</u> Topic: Empathy 6pm CST	5 In-Person Group <u>REGISTER</u> Topic: Empathy 12pm CST	6 BLSA Game Night: Emilie Slohm 5:00pm (CST)	7 <u>Hatha Yoga:</u> Discovery Green 9am (CST)
8 <u>Mindful Monday:</u> Take 5 minutes and follow this guided breathing meditation	9 What do you like most about yourself?	10 <u>Practice Panel:</u> A Day in the Life of a Litigator 12:30pm (CST)	11 Express gratitude for 5 things that you use daily.	12 Law Student Mental Health Summit 8:15am-3:30pm (CST) <u>REGISTER</u>	13 How do you remind yourself that you're enough?	14 Music: Listen to your favorite song and give yourself a dance break
15 Reflect: How would you spend your perfect day off? What makes that perfect for you?	16 What is your favorite form of self-care? Why?	17 <u>Practice Panel:</u> A Day in the Life of a Transactional Attorney 12:30pm (CST)	18 Virtual Group <u>REGISTER</u> Topic: Self-Care 6pm CST	19 In-Person Group <u>REGISTER</u> Topic: Self-Care 12pm CST	20 What can you do today to take better care of yourself?	21 <u>Tacolandia Food Festival:</u> Buffalo Bayou Park 4pm-7pm (CST)
22 <u>Meet the Counselors:</u> Check out the link for information on our contracted counselors	23 What makes you feel the most inspired?	24 <u>Practice Panel:</u> A Day in the Life of a Labor & Employment Attorney 12:30pm (CST)	25 How do you remind yourself that you're enough?	26 <u>Texas Minority Counsel Program Law Student Networking Event</u> 12:30pm (CST)	27 <u>Accommodations Deadline</u> Check out the link for guidelines and application	28 How do you make the time you spend with people more intentional?
29 How do you calm your nerves in a difficult situation?	30 How do you handle a bad day?	31 Are you an introvert or extrovert? How has it shaped your life?	CONTACT US: Office of Student Support Suite 255 StudentSupport@stcl.edu		"Perseverance is not a long race; it is many short races one after the other." - Walter Elliot	

Underlined phrases are a link to a website. Make sure to check them out!

