

# Wellness Calendar

# March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <b>Last day to drop a class without receiving a ("WF")</b>	2 <a href="#">CRC Event</a> Judicial Clerkships "Perspectives from the Bench" 12:45pm-1:45pm (CST)	3 <a href="#">VITA Program</a> Volunteer Income Tax Assistance. 2pm-3pm (CST)	4 Write something that you need/want to do more often	5 Think about a tweet, quote, or post that inspired you today or this week
6 <a href="#">AccessLex Webinar</a> What you need to know about the Uniform Bar Exam (UBE) 11am (CST)	7 <a href="#">CRC Event</a> Find Your Fit Networking Night 4pm-7pm (CST)	8 What is one adjustment you'd like to make to your morning routine?	9 How do you remind yourself that you are enough?	10 Set-up a phone date with a friend or family member you want to connect with	11 On a scale of 1-10 today my mental health is at a __ because_____	12 One way I can improve my mental health next week is_____
13 I am most proud that I _____	14 Where do you go when you want to reset and unplug?	15 <a href="#">AccessLex Webinar</a> Intro. To Personal Finance for First-Gen Students 11am (CST)	16 <a href="#">CLICK HERE</a> Pick a mindfulness meditation and practice it	17 Take a walk and clear your head	18 Clean a room in your home that you have been meaning to organize	19 Check it out! Check out this <a href="#">TedTalk</a> on finding a job you're passionate about
20 What makes you feel powerful?	21 Balance Check out this <a href="#">article</a> about Resilient Lawyers and how to persevere	22 <a href="#">AccessLex Webinar</a> Texas Invests (creating an investing plan, stocks, etc.) 12pm (CST)	23 <a href="#">CRC Event</a> Tax Law Roundtable 12:45pm-1:45pm (CST)	24 Financial Wellness Check-in on your Financial Wellness <a href="#">HERE</a>	25 Tips for Handling Mental Health from TLAP <a href="#">Read Here</a>	26 Meditation Breathing Meditation at your Desk <a href="#">LINK</a>
27 What is one thing you would like to do differently than last week?	28 How will you celebrate yourself today?	29 Music Check out these <a href="#">curated playlists</a> by the Houston Bar Association	30 <b>Last day to <a href="#">apply</a> for ADA Accommodations before Final Exams</b>	31 Write about a lesson learned this month and reflect on your former goals		

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