

Wellness Calendar



OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CONTACT US: Office of Student Support Suite 806 StudentSupport@stcl.edu				1 Goal: Break one large task into smaller steps.	2 Self-Care: Take a break away from your computer screen!	3 <u>Video:</u> How to deal with Negative Self-Talk
4 Kindness: Send an encouraging text to a friend.	5 Kick-off Tabling 1st Floor Atrium 9AM-12PM (CST) 3PM-6PM (CST)	6 Mental Fitness Workshop <u>Virtual</u> 11:30AM-12:30PM (CST)	7 Wellness Wheel <u>Virtual</u> 11AM-12PM (CST)	8 Sleep Hygiene Workshop <u>Room 513</u> 4PM-5PM (CST)	9 De-stress Workshop <u>Virtual</u> 12PM-1PM (CST)	10 <u>Law Student Mental Health Day</u>
11 Move: Take a 5-10 minute walk outside.	12 Self-Care: Listen to a song that brings you joy.	13 Coffee Chats Student Lounge 8:30AM-11:30AM (CST)	14 <u>Flow & Breath</u> Trebley Park 6:30PM-7:30PM (CST)	15 Blue & Gold Day Garrett Townes 8:30AM-11AM (CST)	16 Psychological Flexibility <u>Virtual</u> 11AM-12PM (CST)	17 Kindness: Prepare a Halloween candy bowl for trick or treaters!
18 Reflect: What is one way to show myself compassion today?	19 “Believe in your ability to figure things out.”	20 Texas Law Student Development Program Emilie Slohm 11AM-12:15PM (CST)	21 Zumba Emilie Slohm 4:30PM-5:30PM (CST)	22 <u>The Haunted Mansion</u> Trebley Park 8:30PM-10:30PM (CST)	23 Learning Lounge: <u>Virtual</u> 10am - 12pm CST	24 <u>IGBOFest Houston</u> Discovery Green 2PM-9PM (CST)
25 <u>Video:</u> How to Carve a Pumpkin like a PRO!	26 Move: stretch for 5 minutes.	27 Mid-Day on Main Main Street 11AM-1PM (CST)	28 Mental Wellness: Take breaks when you feel overwhelmed	29 <u>Blanket Bingo</u> Market Square Park 6PM-9PM (CST)	30 “You’re growing, even when you can’t see it.”	31 HALLOWEEN

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