

THE WELLNESS CONNECTION

ROGER WILLIAMS UNIVERSITY SCHOOL OF LAW ACADEMIC EXCELLENCE

Issue I: August 2023



**Page I:
Mission
Statement**

**Page 2:
Combating
Anxiety:
The 3 R's**

**Page 3:
Social
Well-Being**

**Page:4
Physical
Well-Being**

**Page 5:
Resources
& Tips**

MISSION STATEMENT

The Wellness Connection seeks to empower law students with knowledge, resources, and support and to foster a culture of mental wellness within the legal community. The demanding nature of legal education and the legal profession can place significant stressors on individuals, leading to mental health challenges.

Thus, the Wellness Connection Newsletter will raise awareness, reduce stigma, and provide practical strategies for self-care, resilience, and seeking help when needed.

MEET THE FOUNDERS

Anna Arakelian

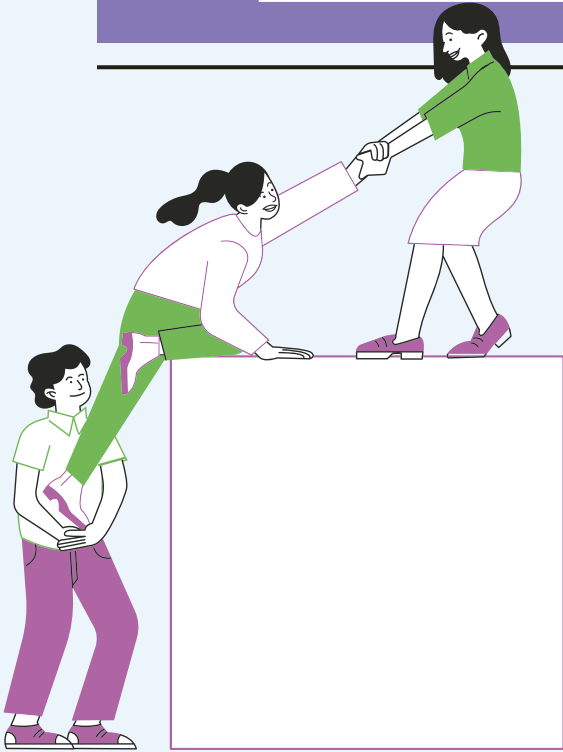


Jakia Warren



We are excited to have launched the Wellness Connection newsletter as Academic Excellence Teaching Fellows, and we are equally thrilled to be part of your law school journey. Our goal is to provide a sense of belonging and support through our newsletter. We look forward to accompanying you on this exciting path and helping you thrive academically and personally.

Combating Anxiety



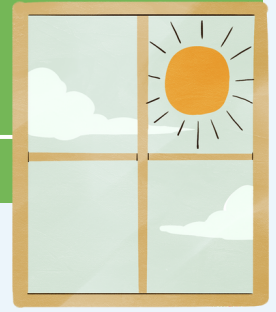
Feeling burnt out in law school involves three important steps: Recognize, Reach out, and Relax. Once you've recognized the disengagement you're experiencing, it's crucial to reach out for support. According to the Massachusetts Lawyers Blog, which focuses on lawyer well-being, a staggering 96% of law students experience stress and overwhelming feelings in some form. This statistic serves as a reminder that you are not alone in your struggles. It's worth noting that not only have your peers experienced burnout, but a majority of your professors have as well. Therefore, it's essential to take advantage of the available advice and support while it's available.

In the previous chapter of your life, you were probably accustomed to cramming. Even with cramming, you were likely used to relative success. However, law school presents an entirely different type of challenge that doesn't afford you the opportunity to cram study. Most, if not all, of us experience days where we feel helpless, overwhelmed, and overloaded. How we choose to spend our downtime and how we perceive our results can greatly influence our perspective on the stressful demands of law school.



Now, relax. We understand that this may sound impossible, but if you can set boundaries with the people in your life, you can also set boundaries for yourself. Remember that it's perfectly okay to take a night off or even a mental health day. Your work isn't going anywhere, and your professors are aware of the challenges law students face. If you feel that your professors may not understand or if you don't feel comfortable reaching out to them, don't hesitate to talk to the Academic Deans or seek support from the Academic Excellence department. They are there to assist you, and it's important to remember that you've invested in law school, whether through a scholarship or loans. You haven't just paid for legal education, but also for the necessary support. So make sure you get your money's worth and take advantage of the resources available to you.

Things To Do



- 1. Meet new people**
- 2. Go to the beach**
- 3. See a movie**
- 4. Go bowling**
- 5. Attend a cookout**
- 6. Grab ice cream**
- 7. Go to a community event**
- 8. Take a walk in the park/go hiking**
- 9. Go to an Escape Room**
- 10. Go mini golfing or partake in an outdoor activity**

STUDY GROUP IDEAS



- 1. Study at RWU library**
- 2. Study in a private room**
- 3. Study in the Bistro**
- 4. Study at a friends house**
- 5. Study in a available classroom**
- 6. Study at your local library**
- 7. Study at the local cafe**
- 8. Study at the park**
- 9. Don't forget to take breaks**
- 10. Study with as many or as little friends as you'd like**

LET'S GET PHYSICAL



Exercising is a supportive factor in achieving better health. Besides strengthening your bones and muscles, physical activity releases endorphins and acts as a natural mood elevator to reduce stress. Additionally, physical activity can serve as a healthy distraction from negative thought patterns by influencing the balance of neurotransmitters in the brain.



As law students, we find ourselves sitting for extended periods. Introducing consistent exercise into our routines can offer a break from academic work, foster tranquility, and mitigate stress. Try integrating brief yet regular exercise breaks into your study sessions. Employing techniques such as studying for 45 minutes followed by a 15-minute break not only aids in maintaining concentration but also safeguards against mental fatigue.



Let It Sink In ✨



Resources

Wellness Fellows

<https://rwu.mywconline.com/schedule2.php?scheduleid=sc64d4ef833eb25wellnessconnection@g.rwu.edu>

Assistant Director, Student Life

Jill Dallaire- jrdallaire@rwu.edu

Counseling Center: (401) 254-3124

<https://www.rwu.edu/undergraduate/student-life/health-and-counseling/counseling-center>

Academic Excellence:

Prof. Thompson - kthompson@rwu.edu

Dr. Kishbaugh - jkishbaugh@rwu.edu

The Dean of Student Life:

Dean Lalli - llalli@rwu.edu

Recreation & Fitness Center

<https://www.rwu.edu/life-at-rwu/recreation-fitness>

Tip of the Month:

Amidst Life's whirlwind, find time to pause. Cherish this moment before the chaos claims your attention

A Word From:

Professor Thompson

"Never Trust Your Fears. They Don't Know Your Strengths."

I have used this saying when I've felt afraid of something new or challenging. I don't know where it came from, but I hope it helps you on those days or nights when you begin to question yourself.

The Academic Excellence Team and all of your faculty and staff are here to support you.

Congratulations on beginning this new adventure with us!

Upcoming Events:

BBQ at Colt State Park
Saturday, Aug. 26
12:00pm - 4:00pm

Student Organization Fair
2nd floor atrium
Wednesday, Aug. 30
12:00pm - 2:00pm