

THE WELLNESS CONNECTION

ROGER WILLIAMS UNIVERSITY SCHOOL OF LAW ACADEMIC EXCELLENCE

Issue IV: November 2023



**Page I:
Mission
Statement**

**Page II:
Study
Strategies**

**Page III:
Self-Care**
**Page IV:
'How We
feel' App:
Mood
Meter**

**Page V:
Yoga
Classes**

**Page VI:
Resources**

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.

Your Wellness Fellows.

- Jakia Warren
- Anna Arakelian

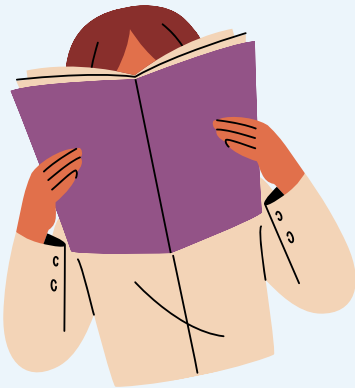
Appointments with Wellness Fellows
<https://rwu.mywconline.com/>



STUDY STRATEGIES



1. **Review past assignments**
2. **Review notes, Outlines, and PowerPoints if available**
3. **Practicing multiple choice questions and practice essays**
4. **Make Flashcards / using Quizlet**
5. **Join a study group**



Consider some alternative methods like:

1. **Consider breaking up your readings and taking breaks every few pages.**
2. **Review your notes a few hours after class instead of attempting to read several sections at once.**
3. **Keep your study routine interesting by utilizing multiple resources such as Cali, Barbri, Kaplan, Themis, and Quimbee. These platforms offer valuable materials for both multiple-choice questions and essays.**
4. **Involve your friends and family in your study process by having them quiz you.**
5. **If studying in a group feels overwhelming, consider studying with just one other person for a more focused and manageable experience.**
6. **Incorporate self-care practices into your routine, such as listening to an uplifting podcast, meditation, taking a walk, ensuring adequate sleep, and enjoying empowering or therapeutic music.**



Self-Care



Prioritizing self-care is crucial for maintaining mental health as it offers a valuable opportunity for your mind to reset before diving back into work. Keep in mind that self-care is subjective, so focus on what truly benefits you. We're here to suggest some options that might be helpful. Most importantly, we want to wish the First Years the best of luck on their first set of exams! It's normal to feel anxiety and stress, but always remember, you are right where you need to be.

Hydration: Don't forget to eat and drink water.

Reading Break: Escape into a good book or a favorite magazine to relax your mind.

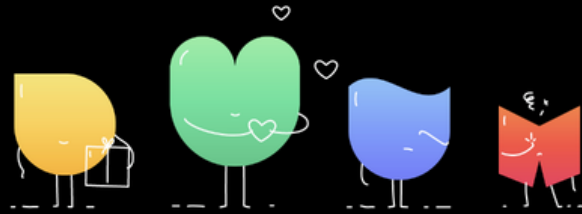
Bubble Bath or Shower: Treat yourself to a soothing bath or refreshing shower.

Journaling: Write down your thoughts, feelings, or positive affirmations in a journal.

Exercise: Incorporate physical activity into your routine, whether it's a workout, yoga, or a simple stretch.

Meditation and Mindfulness: Take a few minutes to meditate or practice mindfulness to calm your mind.

Sleep: Most of all, please rest.



A journal for your wellbeing

Download the app →

"How We Feel" app!

- It is literally a journal for your well-being; the app collects data on you and helps you track and navigate your emotions.
- The app provides strategies to help you overcome what you may be feeling and what you want to achieve.
- It asks simple questions and then provides a video/therapeutic session to help you through that emotion.
- If you use the app regularly, it will track what emotions you are continuously feeling, ask you to reflect on them, help you understand your emotions, and how to address those emotions.
- You can share your data with friends.
- It's similar to the health app on phones where you can log your exercise, sleep, etc to assess why you may be feeling a particular way.

Overall it's a great App.

<https://howwefeel.org/>

Download the app and use it today!

Welcome to HWF!

Scan QR code with your phone to
download HWF in the App Store or
Play Store



Let It Sink In ✨



Resources

Wellness Fellows

Jakia Warren

Anna Arakelian

<https://rwu.mywconline.com/schedule2.php?>

[scheduleid=sc64d4ef833eb25](https://rwu.mywconline.com/schedule2.php?scheduleid=sc64d4ef833eb25)

wellnessconnection@g.rwu.edu

Counseling Center: (401) 254-3124

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

The Dean of Student Life:

Dean Lalli – llalli@rwu.edu

Academic Excellence:

Prof. Thompson – kthompson@rwu.edu

Assistant Director, Student Life

Jill Dallaire – jrdallaire@rwu.edu

Recreation & Fitness Center

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

Tip of the Month:

"Doubt kills more dreams than failure ever will."

You got this!

Karim Seddiki

A Word From:

Dean Brown

"Life is a marathon, not a sprint; pace yourself accordingly." Amby Burfoot (1968 Boston Marathon Winner and Former Editor-In-Chief of Runner's World).

We are heading into that season – final exams.

Please remember that life is a marathon. Pace is key. Set your schedule and provide time for self-care – after you hit your quota of study time, go for a walk, a run, watch reality television or do whatever you do to relax your mind. Look at the big picture, your exams are just a few yards in your marathon. Those yards will be in your rear-view mirror shortly. Best of Luck and Happy Holidays.



Yours Truly (although not a winner, a finisher of many Boston Marathons!)

Upcoming Events:

Enjoy your break!