

# THE WELLNESS CONNECTION

ROGER WILLIAMS UNIVERSITY SCHOOL OF LAW ACADEMIC EXCELLENCE

Issue II: September 2023



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# 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.

Dear Law School Community,

Congratulations on finishing your first month of the SEMESTER!

Issue II of the Wellness Connection Newsletter will discuss

- 1) The risks of sleep deprivation and the benefits of a good night's sleep;
- 2) The power of creating a schedule, and;
- 3) The significance of proper nutrition.

Enjoy!

**Appointments with Wellness Fellows**

<https://rwu.mywconline.com/>

First visit? [Register for an account.](#)

Returning? Log in below.

Email Address

Password



## SELECT A SCHEDULE

- ☐ Writing Center Schedule
- ☐ Academic Excellence Teaching Fellows
- ☐ Professor Kishbaugh's Schedule
- ☐ Professor Thompson's Schedule
- ☒ Wellness Fellows

Check this box to stay logged in: ☐

Log In

# A Good Night's Rest for a Day of Studying



While you may have never personally experienced sleep issues, the demanding nature of law school can often lead to sleep deprivation. Without adequate sleep, memory consolidation becomes challenging, and impatience, mood swings, and difficulty retaining new information may become common. Furthermore, sleep deprivation affects processes crucial for maintaining heart and blood vessel health, such as regulating blood sugar. It also disrupts two key hormones, leptin and ghrelin, which can result in poor dietary choices.

## Things That May Help:

Establish a consistent sleep schedule, just as you would with your work or any other daily routines. This can help regulate your body's natural sleep rhythm.

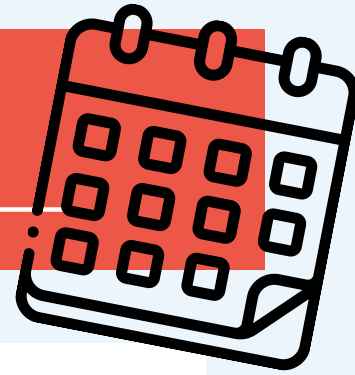
Avoid checking the time on your clock, as doing so can increase feelings of anxiety about falling back asleep.

The optimal time to have your last meal is approximately 3 hours before bedtime. This allows your stomach enough time to properly digest the meal and shift its focus to preparing for sleep when bedtime approaches.

Before going to sleep, try a breathing exercise known as square breathing. Close your eyes and visualize a square. Start at one corner and count each corner in a clockwise direction. Take a deep breath in at one corner and exhale deeply at the next. Repeat as needed.

The National Sleep Foundation recommends avoiding the use of electronic devices, such as cellphones, at least 30 minutes before bedtime.

# Scheduling

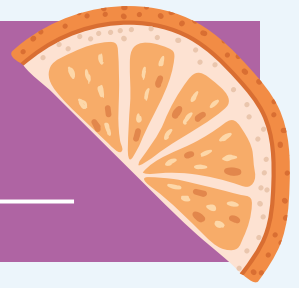


## Learning Principles for Effective Time Scheduling

1. **STUDY AT A REGULAR TIME AND IN A REGULAR PLACE.** Establishing habits of study is extremely important. Knowing when you are going to study, and where, saves a lot of time. Locate a study place that is comfortable for you and has few distractions.
2. **KNOW YOUR PERIODS OF MAXIMUM ALERTNESS.** Some people are more efficient in the morning, and others are more efficient in the evenings or late at night. Find out when you are really effective and plan to do your studying then if it is possible. Utilize those periods of productivity for just that – being productive.
3. **TAKE A FIVE BREAK FOR EVERY ONE HOURS OF STUDY TIME.** After about an hour of study you begin to tire quickly and your ability to concentrate decreases rapidly. Taking a break and then returning to studying will provide the change necessary to keep your efficiency at a high level.
4. **SET SPECIFIC GOALS FOR EACH STUDY UNIT.** When you organize your study schedule, actually write in what you are going to accomplish during the study period (i.e., do not just write “torts”. Include the topic and subtopic you are studying, the cases you are reading, or if you are outlining, practice, etc.)
5. **PLAN ENOUGH TIME TO STUDY TO DO JUSTICE TO EACH SUBJECT.** Make sure you do not spend the bulk of your time on just one or two classes.
6. **STUDY AS SOON AS POSSIBLE AFTER YOUR CLASS.** One hour spent soon after class will do as much in developing understanding of materials as several hours a few days later. Organize your lecture notes while they are still fresh in your mind.
7. **PROVIDE FOR SPACED REVIEW.** That is, a regular weekly period when you will review each of your courses and be sure that you are up to date. This review should be cumulative, covering briefly all the work done thus far for the term.
8. **PLAN A SCHEDULE OF BALANCED ACTIVITIES.** Law school life has many aspects that are very important to success.
9. **UTILIZE ODD HOURS DURING THE DAY FOR STUDYING.** You may have time between classes, meetings, or other commitments. These gaps during the day can be easily wasted. Planning and establishing habits of using these odd hours for studying, especially for the class you just completed, will result in free time for recreation or activities at other times in the week.
10. **TRADE TIME – DON’T STEAL IT.** When unexpected events arise that take up time you planned to study, decide where you can find the time to make up the study time missed and adjust your schedule for the week.



# Healthy Eating



Every aspect of our lives is controlled by our brains: our thoughts, movements, breathing, heartbeat, senses, and more. And like, everything else in our bodies, the brain requires energy in the form of the food we eat.



What you eat directly affects the structure and function of your brain and, ultimately, your mood. Your primary job in law school is to learn; to use your brain. Therefore, it's incredibly important what you feed it: "Eat real food, not too much, and mostly plants."

What should you feed your brain? "A diet based on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds."

Tips for Eating Better: Pack your own lunch or healthy snacks (fruit, granola, popcorn, trail mix)



# Mental Health Day: Oct 10

**The ABA's Law Student Division (LSD)  
is inviting law students and legal  
professionals to share TikTok videos  
about their mental health practices  
and related messages.**

**If you'd like to be involved,  
please email  
[wellnessconnection@g.rwu.edu](mailto:wellnessconnection@g.rwu.edu)**

**More information can be found at:  
[https://www.americanbar.org/groups  
/lawyer\\_assistance/law-student-  
mental-health-day/](https://www.americanbar.org/groups/lawyer_assistance/law-student-mental-health-day/)**

# Let It Sink In ✨



## Resources

### Wellness Fellows

[https://rwu.mywconline.com/schedule2.php?  
scheduleid=sc64d4ef833eb25  
wellnessconnection@g.rwu.edu](https://rwu.mywconline.com/schedule2.php?scheduleid=sc64d4ef833eb25wellnessconnection@g.rwu.edu)

### Counseling Center: (401) 254-3124

[https://www.rwu.edu/undergraduate/student-life/health-and-  
counseling/counseling-center](https://www.rwu.edu/undergraduate/student-life/health-and-counseling/counseling-center)

### The Dean of Student Life:

Dean Lalli – [llalli@rwu.edu](mailto:llalli@rwu.edu)

### Academic Excellence:

Prof. Thompson – [kthompson@rwu.edu](mailto:kthompson@rwu.edu)

Dr. Kishbaugh – [jkishbaugh@rwu.edu](mailto:jkishbaugh@rwu.edu)

Assistant Director, Student Life

Jill Dallaire – [jrdallaire@rwu.edu](mailto:jrdallaire@rwu.edu)

### Recreation & Fitness Center

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

## Tip of the Month:

Taking care of yourself is not selfish; it's an act of self-preservation that allows you to be the best version of yourself for both yourself and the people around you.

## A Word From:

### Dean Lalli

The strongest advocate in the courtroom (or classroom) is the one who advocates for their own well-being first. In law school, there are so many demands on your time. This doesn't end with graduation. It continues into legal practice, with even more demands on your time and attention. It is so important to make sure that you prioritize your own health and well-being. Being a good advocate means being good to yourself. As you make your list of "to-dos," be sure to include time for yourself!

## Upcoming Events:

Black Law Students Association  
& The Mental Health Club :

Let your mind shine bright

September 22

11:00am - 2:00pm

2nd floor atrium.

October 10th - Mental Health  
Day

