We know this is a busy time of year with exams and the holidays fast approaching. Please remember to take time for yourself! November marks American Diabetes Month as we educate ourselves about a disease that affects millions of Americans. Thursday, November 17th is the American Cancer Society’s Great American Smokeout. Thanksgiving is almost here, so take the time to be thankful for the health and wellness in your life and the lives of your loved ones. We are posting a Gratitude Graffiti Wall on the wellness bulletin board, located near the Market Café, so please take a few minutes to share what you are grateful for. Starting this month, we will be including a recipe in our newsletter from Sarah, a 1L who loves to cook and wants to share easy meals you can try at home.

I hope you have a wonderful month.

Yours in health,
Karen

Diabetes Awareness Month

According to the American Diabetes Association, 1.4 million Americans are diagnosed with diabetes every year. Diabetes is the 7th leading cause of death in the United States. The National Diabetes Statistics Report of 2014 predicted that if current trends continue, 1 out of every 3 Americans will have diabetes by the year 2050.

So what can you do? You can help to prevent diabetes by eating healthy, maintaining a healthy weight, and participating in physical activities.
Law school can be a demanding and sometimes overwhelming environment. It is important to take a step back and remember all that you are grateful for. Studies done by Dr. Robert A. Emmonds, leading expert on gratitude from UC Davis, show that gratitude blocks toxic, negative emotions, and that grateful people are more stress-resistant. What are you grateful for? Stop by the graffiti wall located on the Wellness Promotion bulletin board outside of the Market Café and let us know what you are grateful for!

I am grateful when I get to sleep in.
I am grateful when --a day off--
A strong cup of coffee
My fantastic study group
The wonderful friends in my life.

Stress-Free is the Way to Be!
As exams approach, it is easy to feel overwhelmed. Below are tips and resources to keep you Zen:

**Exercise**

Try out a **fitness class** at the gym. There are multiple yoga sessions to stretch after long hours or studying, check out a spinning class and focus on the ride, or dance your worries away!

If you prefer to work out at home, there are great apps for that: **Nike+Training Club App** and **Sworkit** provide full body, customizable workouts, **Daily Yoga** lets you create your own yoga workout, and don’t forget to stretch (try **Fitivity**)!

**Meditation**

Georgetown’s **Lawyers in Balance** program offers a 7 week program in the fall and spring. The Center for Wellness Promotion has a fifteen-minute meditation on their [site](#). If you prefer to meditate on your own time **mindful.org** has explanations, tips, and practices. The **Headspace** app helps you learn to meditate in just ten minutes a day, and play games on the **Personal Zen** app, created from 20 years of research, to reduce anxiety.

**Take a break and make time for a hobby**

Take time out of the day to play an instrument, color, cook, journal, or watch Netflix! Check out one new **Smithsonian museum** a week, **paint** with your friends, or **volunteer**! For other events, visit **Brightest Young Things** for a great list of (free!) things to do, or check out Washington Post’s **Going Out Guide**.

**Sleep**

The National Sleep Foundation recommends 7-9 hours of sleep a night. Sleep helps your mind consolidate everything you learned during the day, and less sleep may increase your feelings of stress. Exercising (but not too late), cutting back on caffeine, and reducing the brightness or use of electronic devices before bed can help you sleep better.

**More resources**

**Law Lifeline** is another excellent resource for law students. The site discusses key mental health issues in the legal profession, offers a self-evaluation, and advice from experts on how to deal with the stress of law school.

Would you like to talk to somebody? The **Counseling and Psychiatric Services (CAPS)** office is located in Gewirz room L102-G. To schedule an appointment, call (202) 687-6985. The office is open Monday through Friday, from 9:00-5:00. After hours and on weekends, a CAPS clinician can be reached by calling (202) 444-7243. CAPS also offers a number of assessments on their website.
Great American Smokeout

Thursday, November 17th is the American Cancer Society’s Great American Smokeout. Smokers are encouraged to put out their cigarettes, at least for a day. It’s also a good time to share information with the smokers in our lives. When you quit smoking, you help your lungs and your heart! Quitting also lowers the risk of harming blood vessels, eyes, nerves, and other organs.

The American Cancer Society tells us that within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years:

Stop by the Center for Wellness Promotion in McDonough 167 for additional resources. Click here to check out Georgetown Law’s smoking guidelines.
Wellness Challenge

**Intellectual Wellness** means using your resources to expand your knowledge and creativity, as you become mentally stimulated. It entails challenging your perspectives, identifying problems, opening your mind to new ideas and experiences for the betterment of your personal life, group interaction, and community development. Be proactive in seeking new concepts, improving your skillset, and thinking creatively.

This month’s wellness challenge is to identify an area of interest that you would like to develop. Go to symposiums or conferences, listen to podcasts, or buy a book that directly relates to your desire of self-intellectual improvement. Visit Georgetown Law’s Continuing Legal Education [website](#) for events and conferences.

Interested in getting sustainably-sourced and affordable produce delivered to your door? **CapCo - the GULC Food Co-op** - has partnered with Hungry Harvest to help bring more local and recovered produce to our law school community! Sign up with Hungry Harvest for weekly or bi-weekly deliveries of great fruits and veggies, Food Coop will help manage pick-ups, and you can get to cooking and eating something tasty. Check out their [website](#) if you want to learn more, and visit our [Facebook page](#) to see what we’re trying to do for our community.
November rains and chills call for comfort food. Chicken pot pie warms you up, with leftovers to spare for lunch the next day or to freeze for another meal. For a vegetarian alternative, substitute chicken for potatoes: chop potatoes into ½ inch cubes and boil them until they are soft before mixing them in.

Ingredients:

- 1 sheet frozen puff pastry, pull out to thaw before starting
- Olive oil
- 2 garlic gloves, minced
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup chopped carrot
- 4 tablespoons butter
- 4 tablespoons all-purpose flour
- 2 cups of chicken broth
- 2 tablespoons heavy cream
- Salt, pepper, cayenne, ½ teaspoon thyme
- 2 cups cooked pulled chicken, pull apart baked chicken with fork
- 1/2 cup frozen peas, do not thaw
Take out puff pastry to thaw. In a large saucepan, heat a small amount of oil over medium heat. Sauté garlic for about a minute, and then add onions, celery, and carrots. Cook until onions are translucent and carrots have begun to soften. Transfer to a bowl.

In the same saucepan, melt butter. Slowly add the flour, whisking each tablespoon into the butter to prevent it from lumping. Add chicken broth while continuously whisking. Cook the mixture for 5-10 minutes until it becomes a thick gravy, stirring frequently to prevent burning. Season to taste with salt, pepper, cayenne, and thyme. Whisk in the cream.

Preheat the oven to 400F. Add the cooked vegetables to the sauce and stir to combine. Add the pulled chicken and frozen peas. Transfer the mixture to a casserole dish, medium cast iron skillet, or similar sized pan. Cover with the thawed puff pastry (you can do a lattice work if you aren’t starving by now). Bake for 30-35 minutes or until pastry has risen and is golden brown.

Annual AHA Heart Walk

Saturday, November 5th on the National Mall

Join Team Georgetown and support the American Heart Association as they raise funds and awareness of the dangers of heart disease and stroke. For 90 years, heart disease has been the #1 reason that we've lost our loved ones. Let's turn it around! Join the Georgetown University team at this national event Saturday, November 5th at 10:00 am.

Thought for the Day:

“Become a student of change. It is the only thing that will remain constant.”

--Anthony D’Angelo