Hello Everybody,

It’s hard to believe that it is October already. Fall is a great time for hiking and did you know that there are some great parks and hiking trails locally and accessible by metro? If you would like to know more, check out the link on our wellness website http://www.law.georgetown.edu/campus-life/health-wellness/center-for-wellness-promotion/upload/CampingPlaces.pdf

October includes a number of events focused on mental health in observation of World Mental Health Day and National Depression Screening Day. Events will be listed later in this newsletter.

October is also the month for our annual Health Fair and I think it will be better than ever this year. The event, scheduled for Oct. 26th from 12:00-4:00 pm in the chapel area, is a great way to learn about the importance of physical and mental health. From stress management to dental care, doctors, nutritionists, and physical therapists will be on site to discuss all aspects of health, wellness, fitness, and lifestyle. Come early for a flu shot, get a blood pressure screening and enjoy a massage. Chat with our CAPS counselors and learn about naturopathic care such as Reiki and aromatherapy. It promises to be a good day and I hope you’ll take advantage of this event.
We wish you a great October.

Yours in health,

Karen

October 10th marks the annual observance of World Mental Health Day. We all know that law school can be a highly stressful and emotionally draining experience. At times the legal profession can feel overwhelming, but learning how to deal with these challenges can be the key to academic, professional and personal success. As we work to raise awareness and mobilize efforts in support of mental health, the law center will be hosting a number of events.

We hope you'll take a minute to look at the CAPS online screening assessment at http://screening.mentalhealthscreening.org/hyho

October 11th: Take a break! Stop by the display and information table on the 2nd floor of McDonough for mental health resources, information, snacks and more!

Out of the Darkness Community Walk

The American Foundation for Suicide Prevention is hosting a 3-mile walk on Saturday, October 22nd. Join members of the law center community to bring awareness, advocacy, and remembrance to those impacted by suicide. Those interested in walking with the law center community should meet outside of the Gewirz student center at 3:30 pm. Resident Fellow Samantha Chaffee will be leading the walk. The actual event will begin at 4:30 pm, leaving
from the Sylvan Theater, at the base of the Washington Monument on the National Mall. Consider wearing a shirt that will show that you are walking with Georgetown Law. Questions? Contact piercekl@law.georgetown.edu. More information can be found here: http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3365

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. http://www.lawlifeline.org/lawgeorgetown/

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 a.m. to 5 p.m. After hours and on weekends, a CAPS clinician can be reached by calling (202) 444-7243.

Flu Vaccines

Seasonal flu vaccines will be administered on the following dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday, October 3</td>
<td>4pm-7pm</td>
<td>Sport &amp; Fitness Lobby</td>
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<tr>
<td>Thursday, October 13</td>
<td>10am-1pm</td>
<td>Sport &amp; Fitness Lobby</td>
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<tr>
<td>Thursday, October 20</td>
<td>3pm-6pm</td>
<td>Sport &amp; Fitness Lobby</td>
</tr>
<tr>
<td>Wednesday, October 26</td>
<td>12:00-4pm</td>
<td>Chapel Area (Health Fair)</td>
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The vaccines are free for students, faculty, and staff with a valid Georgetown ID (GOCard). ID must be presented at the time. No appointments will be taken. Vaccines are offered on a first-come, first-served basis.

This October marks the 30th anniversary of Breast Cancer Awareness Month. After skin cancer, breast cancer is the most common cancer, diagnosed in one out of eight women in the United States. Anyone with breast tissue may get breast cancer, so men are also at risk. Early discovery leads to better survival rates, so don't forget to do your self-exams. Check frequently for lumps or other abnormalities, and make an appointment to see your doctor if you note anything unusual. As always, breast cancer prevention starts with healthy habits, so the Mayo Clinic recommends staying active, limiting your alcohol intake, and maintaining a healthy weight.

The Benefits of Being Outdoors

There are many health benefits to being outdoors, both physical and mental. Being outside can ease depression, improve your outlook on life, help you focus, and even strengthen your immune system. Nature walks are linked to enhanced mental health and positivity, according to a study from the University of Michigan, and Glasgow University reports that people who spend more time doing activities outdoors have a lower risk of poor mental health. Research at the University of Essex showed that the color green makes exercise feel easier. The outdoors also gives your brain a break from overstimulation and can help to improve your attention levels and focus. You also get lots of vitamin D from sunshine, which is essential for maintaining healthy bones and teeth.

Whether you bike, hike, toss a football with friends, or kick around a soccer ball, simply being outside in the fresh air is good for you. And this year happens to be the 100th anniversary of the National Parks.
This month’s wellness challenge is to socialize…

Social Wellness

Socializing is an important part of living a healthy lifestyle. And with a vibrant community such as ours, socializing is not hard at all. Yet in the rush of a busy semester, it can be easy to lose track of people and fall out of touch. It’s important not to face the challenges of the year alone. So this month we invite you to get active on campus by joining or attending a student organization or study group. There are dozens of student organizations on campus, from sports, to politics, to food, so pick something you are interested in and get involved! Check OrgSnc for a list of student organizations. The bulletin boards on the first floor of McDonough can be a great way to get a sense of events that are going on at any given time.

Thought for the Day:

“Success is not final; failure is not fatal. It is the courage to continue that counts.” –Unknown