Welcome new students and those returning for a new academic year! I’d like to take this opportunity to tell you about The Center for Wellness Promotion. We’re located in McDonough room 167, and invite you to stop by and check out our wellness library filled with books and magazines related to health, nutrition, stress management, fitness, and more! We also have a variety of CDs to share with you. Our website, located at http://www.law.georgetown.edu/campus-life/health-wellness/center-for-wellness-promotion offers a fifteen minute online meditation. Or make an appointment for a one-on-one wellness consultation and have a personalized wellness plan designed for you.

We offer a variety of programs and activities throughout the year, and you can follow our activities on the wellness website. You won’t want to miss our annual Health Fair, scheduled for October 26th. We are always looking for new ideas and ways to support your endeavors, so let us know if we can assist you in any way. Please stop by and say hello!

Best,

Karen Pierce
Director of Wellness Promotion and Club Athletics

A New Chapter: Tips for the First Year of Law School

Congratulations! Take a second to pat yourself on the back. You’ve made it into one of the best law schools in the country! To prepare you for the year ahead, here are ten things that upperclassmen, former law students, and practicing attorneys wish they had known when they were 1Ls.

1. Invest just as much energy into your physical and mental well-being as you do into your intellectual training (and maybe even more).
2. There is a method to the madness! Trust the process.

3. The friends you make here will be very influential in your life, and you will be grateful for those relationships.

4. Law school is a great time to take risks and test the waters of life academically, professionally, and personally.

5. Everyone else is overwhelmed too.

6. Take every class seriously, even if you think it does not matter as much.

7. Don't work seven days a week! Take a day off.

8. Enjoy your time while you’re here. The “real world” can wait for a while.

9. Be friendly! All ships benefit from a rising tide.

10. Give 100%. If you believe in yourself you can accomplish way more than you know!

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The eight dimensions of wellness (physical, intellectual, emotional, spiritual, social, occupational, financial, and environmental) offers an integrated overview of human life. The harmonious balance of these foundations results in good health and well-being. Each month during this semester we will focus on a different dimension of wellness, and issue a wellness challenge for you to try (or come up with your own challenge). This month we will focus on **Physical Wellness**, which includes developing healthy habits that benefit your body such as exercise, sleep, and proper nutrition.
Cut the sweets challenge…

Added sugars are all around us. From cereal to soft drinks, much of what we consume on a daily basis is loaded with sugar. The harms of excessive sugar consumption are well-documented. Too much sugar can damage the liver and put you at greater risk for diabetes and other health issues. Sugar can also have highly addictive properties which makes it difficult for us to get rid of the desire for sweets. So this month we invite you to kick that sugar habit and cut back on sweets. Try to avoid products that contain sugary synonyms, such as high fructose corn syrup, and substitute sugary snacks for fruits, which contain natural sugars that should satisfy your sweet tooth without posing the same health risks as added sugars. Consider giving up soda for the month. You’ll find you don’t need quite as much sugar in your life as your brain has tricked you into thinking!

Start Off Law School with Healthy Habits

Establishing healthy habits right at the start can be the key to both your academic success and your happiness outside of the classroom. Here are some tips on how to start off the semester on the right foot:

1. Establish Good Sleeping Patterns: The National Sleep Foundation recommends that adults get between 7-9 hours of sleep every night. Getting adequate sleep can play
a key role in ensuring a healthy immune system, a fast metabolism, and a greater capacity for memory and learning. You may be under a lot of pressure to stay up late to study, but if you invest time in establishing good sleeping habits now you may find that your long term academic success will ultimately be greater. Try to get to bed and wake up at the same time every day in order to establish a regular sleeping pattern. Avoid overeating before bed or taking long naps in the middle of the day. These habits could throw off your sleep schedule and make it harder for you to keep to a healthy pattern throughout the year.

2. Eat Well: With a hectic law school schedule and so many quick and easy food options surrounding you it’s important to make an effort to introduce healthy foods such as fruits, vegetables, and lean proteins into your regular diet. Lean proteins, like grilled chicken, fish, beans, and nuts, helps to keep your heart healthy and build muscle to keep you strong. The added vitamins from a diet rich with plenty of fruits and vegetables helps to combat disease and keep you healthy throughout the semester. Remember that a sick law student is an unproductive law student.

3. Exercise Regularly: Aside from the obvious health benefits, regular exercise can have a number of benefits you may not have expected. Exercising can actually make you feel better by releasing chemicals called endorphins which help trigger a positive mood and keep you upbeat. Exercise can also increase the amount of energy you have during the day and help you sleep better at night. While it may be difficult to find time to exercise during your busy day, a simple half hour session a few times a week could end up doing wonders for your health, your mood, and your energy this year.

Student Health Insurance

Sept. 15th is the deadline to accept or waive the student health insurance. If you do nothing, you will have purchased the insurance. A link to the insurance information can be found on the wellness website. For questions, contact Karen at
You may also contact the main campus insurance office directly at shi@georgetown.edu or by calling 202 687-4883.

RAD BASIC DEFENSE FOR WOMEN

This nine-hour course in self-defense is designed to develop and enhance a woman's options by providing information on risk reduction and hands-on techniques against various types of assault, utilizing easy, effective and proven self-defense tactics. It’s free! To register or for more information, contact Karen at piercekl@law.georgetown.edu

Classes will be held:

September 16, 23, and 30th  1:30-4:30 pm (must attend all classes)

Mental Health Support Network

Connect with other law students to talk about living with mental illness in law school, coping strategies, and how we can improve mental health awareness. Sponsored by the Georgetown Law Mental Health Alliance (MHA) and facilitated by CAPS counselors, join us every other Wednesday from 3:45 pm – 4:45 pm in Gewirz L101 (lower level). Fall schedule:  September 7, 21, Oct. 5, 19, Nov.2, 16 and 30th. For more information, contact MHA at glmentalhealthalliance@gmail.com.
Has alcohol and/or drugs been a problem for you?

Are you interested in meeting a group of like-minded, sober law students who are in recovery or seeking recovery from such issues?

Join us for:
**Law Students In Recovery**

Every Sunday night from 8PM – 9PM at the Georgetown University Law Center
McDonough room 220

This is an open meeting. All students are welcome to attend. Email soberdclawstudents@gmail.com with questions.

Thought for the Day…

*Either you run the day or the day runs you.*
*Jim Rohn*