Dear Students,

I can’t believe that we are already at the end of October! Please be sure that you are taking care of yourself by pausing frequently throughout the week to do something that you love to do! For example, stop by Lowden Hall every Tuesday to get your creative juices flowing. Each week, I will have some sort of creative activity for use to do.

Also, take a look below for next week’s wellness programming, and don’t hesitate to reach out if you need anything at all.

Take care and be well,
Candace

QUICK REMINDERS

• Check out TimelyCare! In addition to Northwestern’s existing confidential services, TimelyCare gives students access to a number of virtual well-being resources, including:
  o Scheduled Counseling: appointment-based, individual mental health sessions with a licensed counselor.
  o TalkNow: on-demand access to a mental health practitioner to talk about anything at any time.
  o Health Coaching: scheduled appointments to help you address and maintain optimal sleep, nutrition, exercise, weight, and stress management strategies for a holistic well-being approach.
  o Group Sessions: weekly guided meditation and yoga group sessions, plus specialized discussions throughout the year.

• Consider dropping into the CAPS at any time or CAPS Let’s Tele-Talk hours. Let’s Tele-Talk takes place every week on Mondays from 12:00 - 1:00 PM and Fridays 1:00 - 2:00 PM. Visit https://www.northwestern.edu/caps-chicago/workshops-outreach/lets-talk.html for more information.

• If you have questions, concerns, want to chat, or need to be directed to resources, please don’t hesitate to make an appointment with me at https://NLawAppointment.as.me/.

Monday, October 31st

Mindfulness Meditation with Professor Cliff Zimmerman
Join Professor Cliff Zimmerman for a quick 30-minute meditation session. Mindfulness means paying attention to your present-moment experience without judgment. It can help you deal with stress, understand yourself and others, and improve performance and satisfaction. We cultivate mindfulness in silent meditation and deploy it in everyday life. The sessions will include meditation practice and discussion of how mindfulness can relate to law practice and other aspects of life.

Time: 12:50 – 1:20 PM
Location: MC 381

Be Well HALLOWEEN COSTUME Run
Run, walk, roll, or stroll along the lake shore with us but this week, wear a costume! Since Monday is Halloween, we figured we should take this week’s run to the next level! The three best costumes will win a prize!

There is no pressure to perform or wear a costume if you don’t want to, and you can move at your own pace. We will start together by meeting at the Chicago Avenue doors and then you can hang with the group or go your own way.
once we hit the lake shore path.

Time: 4:00 – 5:00 PM  
Location: Meet at the Chicago Avenue Doors

**Tuesday, November 1st**

**Tuesday Time-Out**  
Take a time out between classes this Tuesday and come by Lowden Hall! There will be snacks and mini canvases to paint and take home!

Time: 10:00 AM – 12:30 PM  
Location: Lowden Hall

**Productivity and Time Management Workshop (In-Person)**  
Do you need help staying on task and being productive? If so, then this workshop is for you! Each week, we get together to study and cross tasks off our list! This meeting is structured using the pomodoro time management method and includes small breaks and snacks! Please bring something to work on for the workshop.

Time: 2:45 – 4:00 PM  
Location: MC 381  
**RSVP:** [https://forms.gle/Djh42VLWvC4HVsgZ9](https://forms.gle/Djh42VLWvC4HVsgZ9)

**Yoga for Lawyers featuring Marlee Rich, JD ’22**  
Join Marlee Rich, JD ’22, for a virtual yoga session and indulge in some self-care! This class is open to all, and no experience is necessary. All you need to participate is your mat.

Time: 6:30 – 7:30 PM  
Location: [https://northwestern.zoom.us/j/99218868489](https://northwestern.zoom.us/j/99218868489)

**Wednesday, November 2nd**

**Student Mental Health Alliance (SMHA) Wellness Wednesday Chat**  
Join SMHA each week for coffee, tea, snacks, and a chat with friends.

Time: 2:30 – 4:30 PM  
Location: Lowden Hall

**Yoga at the Law School with Peggy Kern, 2L**  
If you are in need of an introduction to yoga and a good full body stretch, join 2L Peggy Kern for her weekly Yoga at the Law School class! No experience is necessary and there will be a few extra yoga mats to use if needed.

Time: 2:45 – 3:30 PM  
Location: Parrillo Courtroom

**Thursday, November 3rd**

**Mindfulness Meditation with Professor Len Riskin**  
Join Professor Len Riskin for a 30-minute mindfulness meditation session. Mindfulness is the ability to be present, to rest in the here and now, fully engaged with whatever we’re doing in the moment so take step away from class and take some time for yourself by joining us! This session is also open to alumni so you may meet some of our amazing alumni!
**Counseling and Psychological Services (CAPS)**

Students can contact CAPS during business hours 8:30 a.m. – 5:00 p.m. Monday through Friday at 847-491-2151. When students call in requesting to speak with their counselor or to the on-call counselor, program assistants will take messages and phone numbers and call the on-call or other appropriate CAPS clinician. This clinician will call the student back for a check-in or other assessment.

Students who currently have a provider at CAPS can reach out to their counselor directly by email or calling 847-491-2151 to leave a message for their counselor.

Visit the CAPS website ([https://www.northwestern.edu/caps-chicago/](https://www.northwestern.edu/caps-chicago/)) for up-to-date information pertaining to services. The site also includes a referral database. Students who prefer not to contact CAPS for referral support can conduct their own search using the database.

**After Hours:** If you have an emergency outside the hours of 8:30 a.m. – 5:00 p.m. Monday through Friday call 847-491-2151 - answering service personnel will put you in contact with a CAPS counselor - 24 hours a day, year-round.

**Lawyers’ Assistance Program (LAP)**

The Lawyers’ Assistance Program is a not-for-profit organization that helps Illinois lawyers, judges, law students, and their families with stress related issues. LAP’s free and confidential services, including consultations, assessments, individual and group therapy, referrals and interventions, are available to all Illinois law students at no cost whatsoever. Law students can call LAP for assistance for themselves and for their classmates. Many law students also come to LAP with questions about how to deal with character and fitness issues. All of LAP’s services are totally free and confidential.

Call toll-free at 800-LAP-1233 or the Chicago office at 312-726-6607.
Email gethelp@illinoislap.org.

**Mindful Mondays and Wakeful Wednesdays with the Mindfulness in Law Society**

Mindful Mondays and Wakeful Wednesdays are half-hour “virtual sits” that MILS hosts every Monday at 2:00 PM and Wednesday at 4:00 PM.

Anyone in the legal profession is welcome to attend. The sittings are good for beginners and experienced mindfulness practitioners. The format generally consists of about 20 minutes of guided meditation, with five minutes of gathering time at the beginning and 5 minutes for questions and comments at the end.

Visit [https://www.mindfulnessinlawsociety.org/virtual-sits](https://www.mindfulnessinlawsociety.org/virtual-sits) to virtually attend.