Dear Students,

It has been a long week so be sure to rest up this weekend—take care of yourselves and each other! **If you need anything, we are here for you. All you have to do is reach out.**

We have a lot of programming on the books for next week, including another Sit in Sound Crystal Singing Bowls experience! Take a look below for all of our upcoming wellness programming.

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/](https://NLawAppointment.as.me/).

Take care and be well,

Candace

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**Monday, November 7th**

**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. **Snacks will be provided.**

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

**Be Well Run**

Run, walk, roll, or stroll along the lake shore with us but this week, wear a costume!

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

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**Tuesday, November 8th**

**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)

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**Wednesday, November 9th**
Sit in Sound Crystal Singing Bowls
Join us for a sound meditation! These instruments are designed to allow you to fully destress and relax. Floor cushions will be provided, and no prior knowledge or skills are required to participate in this guided meditation. **You also don’t have to meditate. You can just sit, chill out, and enjoy the sounds.

Lunch will be provided to all who RSVP and attend the program.

Time: 12:00 – 1:00 PM
Location: Parrillo Courtroom
RSVP: https://forms.gle/RZmzDDb33GcWZkjz8

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 10th

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

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!

Time: 4:30 – 5:00 PM
Location: https://northwestern.zoom.us/j/95646146162

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/) 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 AM to 5:00 PM 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.

**Let’s Talk** is a CAPS program offering informal and confidential drop-in consultations. Law students can attend Let’s Talk:
- In person with Dr. Burks on Wednesdays from 3:00 to 4:00 PM in RB L360 and Fridays from 3:00 to 4:00 PM in RB885 (in the Bluhm Legal Clinic) (no appointment needed)
- Virtually on Mondays from 1:00 to 2:00 PM with Dr. Sean Serluco and Fridays from 1:00 to 2:00 PM with Dr. Rachael Collins via **Let’s Talk (Tele Talk)** (appointments available through the link).

**TimelyCare**
In addition to Northwestern’s existing confidential services, **TimelyCare** gives students access to a number of virtual well-being resources, including:
- Scheduled Counseling: appointment-based, individual mental health sessions with a licensed counselor.
- TalkNow: on-demand access to a mental health practitioner to talk about anything at any time.
- 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.
- Group Sessions: weekly guided meditation and yoga group sessions, plus specialized discussions throughout the year.

**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.