



# 12 WEEKS OF WELLNESS

## Week 1:

### Planning for Wellness



- Choose an area you think needs your attention or create a unique one.
- Plan by week: choose one or two little steps you can take to grow in one of your selected areas.
- Plan by day: choose one or two things you can do for self-care or support.
- Do not “over plan.” Start simple.
- Reach out for support if needed.

# Wellness Resources

**Institute for Wellbeing in the Law**  
<https://lawyerwellbeing.net/>

**Mindfulness in Law Society**  
**Virtual Sits – Free!**  
[www.mindfulnessinlawsociety.org](http://www.mindfulnessinlawsociety.org)

**UB Law Student Affairs**  
Bernadette Gargano  
Vice Dean of Student Affairs  
[gargano@buffalo.edu](mailto:gargano@buffalo.edu)  
313 and 314 O’Brian Hall

Support for personal and academic issues, course planning, academic requirements, waivers, leaves of absence, and referrals to support services.

**Check out our new website, which compiles  
UB Law and University Support and Wellness Resources:**  
[www.law.buffalo.edu/student-affairs](http://www.law.buffalo.edu/student-affairs)

**NYSBA Attorney Well-Being**  
[www.nysba.org/attorney-well-being](http://www.nysba.org/attorney-well-being)

**Free** worksheets, videos, and resources!

**NYSBA Lawyer Assistance Program**  
**800.255.0569**

Confidential assistance for law students, lawyers, and judges who are struggling with issues such as anxiety, depression, alcohol and drug use, and other conditions.

**Erie County Bar Association of WNY**  
[www.eriebar.org/lawyerwellbeing](http://www.eriebar.org/lawyerwellbeing)

Join for **free** if you are a law student at:  
[www.eriebar.org/membercenter](http://www.eriebar.org/membercenter)

Information about the Member Assistance Program (“MAP”), Lawyers helping Lawyers, and the Committee to Assist Lawyers with Depression.  
**All are open to law students who enroll in a free membership.**

**UB Wellness Education Services**  
716-645-2837  
[www.buffalo.edu/studentlife/wellness](http://www.buffalo.edu/studentlife/wellness)  
Check out the “Healthy Decisions” choice to get resources for sleep, healthy eating, or help for alcohol or drug problems.

**UB Wellness Coaching – Free!**  
Health Promotion  
716-645-2837  
See the Wellness Calendar for free guided meditations, yoga, and more!

**UB Counseling Services**  
716-645-2720  
[www.buffalo.edu/studentlife/counseling](http://www.buffalo.edu/studentlife/counseling)

**UB Counseling Services at UB Law**  
Thom Neill, Licensed Counselor  
716-645-2720  
Expanded hours coming in mid-February.