



12 Weeks --- of Wellness

Week 2:

University
Resources
at your
fingertips

University Resources

Start your wellness journey by viewing these helpful online UB resources.

Visit the law school's [Counseling Services webpage](#) for an overview of available in-house counseling services and University resources.

Stay healthy

- Keep your body and mind as healthy as possible to achieve all your goals. Visit [Student Wellness](#) for information on healthy decisions, medical care and more.
- Consider visiting a [Drop-in Meditation or Yoga Group](#) to learn how to calm your mind and manage your stress.
- Schedule a one-on-one with a [nutritionist](#) or [financial wellness coach](#).

Engage with your classmates

- Find a [student group](#) that interests you.
 - Get to know our [Student Wellness Society](#).
- [Visit SIP](#), read The Docket or SIP Digest bi-weekly e-newsletters, or view a list of [Law Student Events](#) for available events and activities.

Find a helping hand

- UB has an [emergency fund](#) to help with unanticipated circumstances as well as [food support](#) to help with access to nutritious food should you experience hardships.

And always if you need anything, reach out to the [Office of Student Affairs](#) in the School of Law. Be sure to check these websites often as new programs are being added all the time as students are our number one priority.