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Law Library Blog (December 2022): Legal Beagle's Blog Archive

Roger Williams University School of Law

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December 2022 Library Blogs

Legal Beagle's Post

December 2, 2022

De-stress during finals

December 2, 2022



This time of year is often associated with gratitude and peace. For students, this time of year is often associated with stress and finals. It can be an extremely challenging time for law students.

Many people have their own ways of dealing with stress. You often hear the terms “self-care” and “student wellness” during this time. It is important to take care of yourself, especially during times of high stress. Below you will find suggestions from the Legal Beagle and other resources available to help you create a “self-care” plan through finals.

The library will be showing live streams of cute baby animals in our main computer classroom during reading days and finals. Whether you prefer adorable puppies or precious kittens, we have you covered! With the hopes of giving you a few moments of joy during your study breaks, we will have both (we even featured jellyfish, which are not so cuddly but are hypnotic to watch, nonetheless). Please stop by the main computer classroom, you will oooh and ahh over our furry friends.

Check out our library's [Stress Management, Mindfulness and Wellness guide](#). You will find lists of books and links to general resources for wellness. You will also find links to the [RWU Fitness Center](#), where you can take a break and destress through exercise. If you need someone to talk to during exam times, or any other times, please contact the [RWU Counseling Center](#). The [Dean of Students Office at RWU Law](#) is also available to provide resources and guidance for a wide variety of student needs and concerns.

Remember to Listen to your body. Being focused on your studies may lead to not fulfilling your basic needs. Use the HALT method to address your needs. HALT stands for Hungry, Angry, Lonely, or Tired.

- Are you Hungry - Make sure to eat while you are studying hard. Try to choose healthy foods that will improve your mood and give you energy. [Food for Thought: 10 Tips for Better Nutrition in Law School](#) offers 10 suggestions to help you maintain a healthy diet during the stress of law school.
 - Stay hydrated. Symptoms of dehydration include headache, muscle cramps, sleepiness, lack of energy, and irritability. To help you stay focused, make sure to drink enough fluids and try to minimize caffeine intake. You can read more on dehydration and concentration from the NPR article [Off Your Mental Game? You Could Be Mildly Dehydrated](#).
- Are you Angry or Lonely? Try to identify why you are feeling this emotion so you can address it. Asking for help is difficult, but remember your family, friends, and the RWU Law community all want you to succeed. You may need to take a break or talk things through with a friend, family member, or someone else. The [Counseling Center](#) on campus is available on weekdays from 8:30am to 5:00pm and has services available when the center is closed. Visit their web page for more information.
- Are you Tired? You may be physically, mentally, and/or emotionally tired. Take a break; close your eyes and take a deep breath; go for a quick walk; grab a bite to eat; head to bed early and wake up ready to go. "Cramming' information and sleep deprivation reduce your academic performance." [This article](#) in Vital Record from Texas A&M Health explains why an all-nighter will not help your academic performance.

Self-care looks different for everyone. It is important to figure out the best way for YOU to manage stress and maintain your wellness, especially when you may feel overwhelmed.

Remember the Law Librarians are here to answer your questions or to help point you in the right direction, just [Ask a Librarian](#).

Good luck with your finals!

December 16, 2022

Welcome to the holiday season!

December 16, 2022



We here at the Legal Beagle wish you the most relaxing winter break and hope that you have a wonderful time celebrating with family and friends.

Strangely enough, this wasn't always the case for Rhode Island's neighbor. It was [against the law to celebrate Christmas in Massachusetts](#) in 1659 and could result in a fine of five shillings. It was repealed in 1681. According to Stephen Nissenbaum's *The Battle for Christmas* (can you guess which library staff member has that book?), Puritans thought that activities like caroling or decorating weren't reflective of proper devotion. Christmas greenery had pagan origins, while caroling was just unbecoming and rowdy behavior. The embodiment of the Grinch and Scrooge before their creators were even born!

Whatever you choose to celebrate, we hope you have a jolly time. It's a time of keeping and making traditions, whether that be ugly sweater parties with friends, whipping up family recipes, or enjoying mulled wine. With finals over you all certainly have something to be cheerful about. But if you are staying in the area, check out some traditions old and new. As in years past, Roger Williams Zoo is holding a [Holiday Lights Spectacular](#) to revel in this time of year. The [Holiday Market at Snowport](#) offers food, entertainment, decorations, and everything for your gift-giving needs from over 120 small businesses.

We look forward to seeing you all in the new year! Cheers!