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Law Library Blog (December 2023): Legal Beagle's Blog Archive

Roger Williams University School of Law

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Legal Beagle's Post

December 1, 2023

Coping with Stress

December 1, 2023



As much as we love holidays, we know that this can also be a very stressful time of year. It can be an especially challenging time for law students, who must focus on finishing assignments and preparing for exams in addition to other obligations.

Whether you call it *self-care*, *wellness*, or something else entirely, just remember to take care of yourself amidst the busy days ahead.

You will find suggestions below from the Legal Beagle and other resources that will help you create a *self-care or wellness plan* through finals.

Speaking of finding moments to relax, the puppy-cam is back for another year by popular demand. 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! You may even discover jellyfish streaming, which aren't in the least bit cuddly but are weirdly relaxing to watch. We hope these (mostly) furry friends bring you a little joy during your study breaks.

We recommend that you check out the 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. These four states can affect your mood and behavior, ultimately damaging your work.

- [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!

Dec 15, 2023

Home, Hoping for Snow

December 15, 2023



Happy holidays and winter break from us at the Legal Beagle! And most of all, congrats on finishing your finals! You did such an amazing job and worked incredibly hard. We hope you have plenty of R & R with family and friends over the next few weeks. The library will be open business hours next week, but will be closed from December 22nd until library staff return on January 2nd.

Some specifically (it's honestly just two) are hoping for blizzards. Since blowing on dandelions is out of season and it is just too cold to stand outside wishing on stars, try the old snow day custom of putting a [spoon under your pillow](#). Some other measures of desperation can include but are not limited to: inside-out pajamas and ice cubes down toilets.

Regardless of your method, remember that during the semester you still have access to librarians and resources if you're snowed in. Make sure you are accessing digital resources through the library website utilizing your single-sign-on. Librarians will be available through chat and lawlibraryhelp@rwu.edu.

If you are staying in the New England area, we hope you enjoy a Winter Wonderland this season!