

Roger Williams University

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Law Library Newsletters/Blog

Law Library

10-2024

Law Library Blog (October 2024): Legal Beagle's Blog Archive

Roger Williams University School of Law

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October 2024 Library Blogs

Legal Beagle's Post

October 11, 2024

LAW SCHOOL MENTAL HEALTH DAY

October 11, 2024



In the spirit of personal well-being and global mental health, the American Bar Association has joined the World Health Organization in recognizing October 10th as a day for mental health, specifically for law students. Law Student Mental Health Day is an important yearly reminder to take a breath and a step back from your day-to-day schedule. This is the perfect opportunity to slow down, if only for a few hours, and reevaluate your physical, emotional and mental wellbeing. Inspired by the motto of the library's latest staff retreat, here is a personal step-by-step guide for law students and professionals alike. Let's get REAL!

1. Reflect
 - a. What do you enjoy most about your work (job, school, etc.)?
 - b. What do you dislike?
 - c. What have you done since the start of the semester to relieve stress?
2. Embrace
 - a. What are you most excited about for the rest of the semester?
 - b. What are some changes you wish to see?
 - c. What personality trait of yours do you want to embrace?

3. Applaud
 - a. What have you done recently that you are proud of?
4. Learn
 - a. Are there certain things you can start (or stop) doing to make this year easier?
 - b. What is one activity you can do at least once a week to take a break from school and clear your mind?
 - a. Ex: walk the seashell path, grab a meal with a friend, read, go somewhere you've never been before

Your career goals, the courses you're taking, and the work you're doing to succeed are all admirable and amazing feats. However, it is vital to remember that the most important thing at the end of the day is YOU. Take care of yourselves. To quote RWU student Amanda Walsh from her poem featured at this past year's [Poetry Walk](#), your headspace is your "soul's forever home." This is why it is so important to make sure you care for your mind and are kind to yourself.

Listed below are helpful resources to kickstart your wellness. There are many offered by the university and are available to you right here on campus, such as the Counseling Center. To schedule an initial remote appointment, call 401-254-3124. Appointments can be made Monday through Friday from 8:30am to 5:00pm. Visit the Stress Management LawGuide (linked below) to explore other resources on campus, including details about helpful books available to you in the library and reflective spaces at RWU!

University Resources

- [Counseling Center](#)
- [Student Wellness](#)
- [Academic Accommodations](#)
- [Title IX](#)
- [Stress Management LawGuide](#)

Outside Resources

- [ABA Media Resources](#)
- [ABA Substance Use and Mental Health Toolkit](#)
- [Mindwise Mental Health Screening](#)
- Spotify Podcasts: Therappuccino, On Our Minds, Huberman Lab, Law School Toolbox
 - Students (who have not previously tried Premium) get a free 3-month trial for [Spotify Premium](#)!

Simply put, it doesn't matter which method or resources you choose to use. What matters is that you do *something* to take care of yourself and honor mental health day. You deserve a break. And if you didn't already know this, you are doing amazing!

October 25, 2024

HAPPY HALLOWEEN FROM THE LAW LIBRARY STAFF!

October 25, 2024



It's a season of spooky spells, find some time to rest your weary skeleton. There are many haunts and hollows in New England. Roger Williams Zoo offers a [jack-o-lantern walk](#), or you can tour [Lizzie Borden's house](#) if you want something more hair-raising.

We are all about tricks and treats in the Law School too! Stop by the lobby on Halloween from 11:30 am-1:30 pm to get some treats and see the librarians in wicked costumes.

But more crucially, the librarians noticed another horrific happenstance this year that will require your attention. A series of murders will take place in the Law School. They cannot be prevented, but they can be avenged by finding the killers. It is up to you to use your deductive reasoning to hash out these horrible Halloween crimes.

There will be 4 murders to solve starting on Monday the 28th, one per day, with the last on Halloween. You will receive an email with a link to all the information you need to crack the case. Submit the correct theory at the bottom of the corresponding day's page and be automatically entered to win the daily prize of a tote filled with treats. Solve all 4 capers by the last stroke of midnight on Halloween night and you will be entered to win the grand prize.

Our staff and faculty are counting on you. Their days are numbered. [Can you guess who will be the first to die?](#)