



2023 Legal Super
**WELL-BEING AND
DIVERSITY GUIDE**

PRESENTED BY
GRIFFITH LAW STUDENTS'
ASSOCIATION INC.





Griffith Law Student's Association (Griffith LSA) would like to thank those involved in the creation of this guide.

We give a further special thanks to Legal Super for sponsoring the publication of the well-being and diversity guide and for their work providing valuable learning and employment opportunities to our students.

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ACKNOWLEDGEMENTS

Griffith LSA respectfully acknowledges the Kombumerri people of the Yugambah nation, the Traditional Owners of the land on which our office and University campus today sits and their continuing connection to land, culture and community. We pay our respects to Elders past, present, and emerging, and to the continuation of cultural, spiritual and educational practices of all Aboriginal and Torres Strait Islander peoples. Sovereignty has never been ceded. It always was and always will be, Aboriginal land.

Griffith LSA is committed to embracing diversity and eliminating all forms of discrimination. We welcome all people regardless of gender, race, sexuality, disability, age, ethnic background, marital status, pregnancy status, socio-economic status, religious and political beliefs.

Mental Health Resources

This publication contains material that deals with mental illness which some readers may find distressing. If this publication raises any concerns and you need urgent help, please use these resources or speak to a trusted health professional.

Lifeline Australia

Helpline: 13 11 14

Website: www.lifeline.org.au

Lifeline Australia is a nationwide crisis support and suicide prevention organization. Their helpline operates 24/7, offering confidential telephone support to individuals in distress, experiencing loneliness, or in crisis. Lifeline also provides online chat services and resources for mental health and wellbeing assistance.

Beyond Blue

Helpline: 1300 22 4636

Website:

www.beyondblue.org.au

Beyond Blue provides information, support, and resources for individuals experiencing anxiety, depression, and other mental health conditions. Their helpline offers confidential advice and emotional support.

Headspace

National Helpline: 1800 650 890

Website:

www.headspace.org.au

Headspace is a youth mental health foundation that provides support to individuals aged 12-25. They offer a range of services, including counselling, information, and referrals.

SANE Australia

Helpline: 1800 18 7263

Website: www.sane.org

SANE is a national mental health charity that supports individuals affected by complex mental health issues. Their helpline provides information, support, and referrals for individuals, their families, and carers.

Butterfly Foundation National Helpline

Helpline: 1800 ED HOPE (1800 33 4673)

Website: www.butterfly.org.au

The Butterfly Foundation is dedicated to supporting individuals affected by eating disorders and body image issues. Their national helpline offers confidential support, information, and referrals for individuals, families, and friends seeking assistance.

Kids Helpline

Helpline: 1800 55 1800

Website:

www.kidshelpline.com.au

Kids Helpline is a free and confidential counseling service for young people aged 5-25. They provide professional support and guidance on a wide range of issues, including mental health, family problems, bullying, and abuse. Kids Helpline operates 24/7, offering telephone, webchat, and email counselling.



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Editors Address

Diahann Pasquill- VP (Well-being and Diversity)

“We, the Griffith LSA, are dedicated to fostering a culture of well-being, inclusivity, and diversity within our law school community. Our mission is to champion practices that empower all students to thrive personally and academically, irrespective of their backgrounds or identities.”

My time on the executive committee has taught me that no matter what event we hold, resources we put together, or any other initiative the association goes about, the well-being and inclusivity of our law students are always the top priority. It is my hope that this mission statement is able to guide future executives in their decisions, to remind them, that above all, we are a student-led association whose purpose, in all we do, is to serve the needs of students- of all students, regardless of who they are and where they come from.

I know conversations around well-being and taking care of yourself can sometimes feel tedious, and like you're being lectured about things that no one understands, but we must start having these conversations with one another. I understand very well just how daunting it can be to step into a university setting; I've understood the crippling fear of inadequacy, imposter syndrome, and social anxieties that come with transitioning into and establishing a place for yourself in law school. More often than not it's made me want to run away, crawl into bed, and watch New Girl until it all stops feeling so overwhelming (Sometimes I think there's very little that an episode of New Girl can't fix for me, but that's beside the point).

In joining the LSA this year I got to be in a lot of exciting rooms with a lot of different kinds of students and professionals and what I learned was that we all, on some level, feel this way. Most of us have absolutely no idea what we're doing and are just making it up as we go- finding ourselves in jobs and classes we never expected to be in, next to peers who feel like geniuses, and content that still feels unclear even after 24-hour study sessions...but we don't talk about it with one another! None of us want to be the first to admit that this law school thing feels impossible sometimes...but it does, and we all feel it and we don't have to be alone through the process. It doesn't make us failures because we find this hard sometimes; no one is born a lawyer or any other kind of legal professional- it's through hard work and perseverance that we are able to mould our practice into something we can be proud of. So, let's talk to each other a little more. Check-in with one another and take full advantage of the community we have here on campus.

Mental Health Matters

A message from Legal Super

If you are a university student, chances are you have experienced mental health challenges. Recent ABS data found that 39% of Australians aged 16-24 have experienced ill-health for at least a year.

As a legal student or professional, you're also no stranger to high-stress environments, tight deadlines, and complex cases. While these challenges often bring out our best, they can also take a toll on our mental health. In fact, the legal profession has been reported as having the highest level of depression and anxiety: 'Members of the legal profession were more likely than other similar professionals to report moderate to severe symptoms of depression and use alcohol and other drugs to manage feelings of sadness and depression'.

About legalsuper's mental health initiative

Just as we guide you through the complex world of super, we also advocate for mental health resources within the legal community. In partnership with the College of Law and Leo Cussen Centre for Law, we foster open discussions about mental well-being and back Mental Health First Aid Training courses tailored specifically for the legal profession.

To date, legalsuper and Mental Health First Aid Australia have successfully trained 1421 legal professionals, with 931 of them becoming accredited Mental Health First Aiders. These initiatives are just one of many that we implement to give back to the community we serve.

Recognising the Importance of Mental Health

Mental health holds equal importance as physical health, especially in a demanding profession such as ours. It enables us to think clearly, communicate effectively, and perform at our peak. If our mental health suffers, so does our capacity to serve our clients and uphold justice.

Breaking Down the Stigma

The first step towards better mental health is recognising its significance and dismantling the stigma. It's perfectly okay to admit when you're not feeling okay. It's okay to seek help. Remember, reaching out for support isn't a sign of weakness, but a testament to your strength and resilience.

Cultivating a Healthy Mindset

A healthy mindset is a powerful tool in the legal profession. Practice mindfulness, take breaks when needed, and remember to celebrate your victories, no matter how small. Nurturing a positive outlook can help combat stress, boost productivity, and foster overall well-being.

If you or anyone you know may be in need of support, head to: <https://www.legalsuper.com.au/advice-support/support-options/mental-health>

About legalsuper:

Since 1989 we have delivered customised high performing superannuation solutions for the legal industry. Members trust us to act in their best financial interests. We manage their super with the same exceptional level of knowledge they bring to their work in law. This commitment is the bedrock of our partnership and drives everything we do. Find out more [here](#).

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You know law. We know super.

Welcome to the legal profession and a new phase in life; Navigating super can be daunting, but at legalsuper, we help to manage your super from day one. As the superannuation service provider for the legal industry, we provide career-advancing training and well-being programs. While you concentrate on your career, we're here to help get your super off to a great start.

Why choose legalsuper:



Strong returns

Our Mysuper Balanced option consistently outperforms the SuperRatings^[1] median across 3, 5, and 10 years.



Responsible Investment

We apply industry exclusions with an ESG focus while supporting initiatives tackling social and environmental challenges.



Mental Health First Aid Support

Backing Mental Health First Aid training courses tailored specifically for the legal profession.

Get your super off to a great start

[Learn more and book a meeting today](#)



1800 060 312



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[1] SuperRatings is an independent research provider for the super industry which issues a survey of the performance of 'Balanced' investment options based on criteria formulated by SuperRatings.

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Resources for First Nations Students

The GUMURRII Student Success Unit is a dedicated Unit with a physical presence on all five Griffith Campuses. The service is designed to provide support for Aboriginal and Torres Strait Islander students in all aspects of student life and success.

That support extends to a range of functions and these are listed below:

Academic

- Student Success Officers (SSO) are available to provide support on issues surrounding navigating your academic program, making applications for special consideration, perhaps withdrawals due to special circumstances, assessment extensions, or simply arranging your course load for maximum effectiveness.
- Our Tutoring for Success Program provides academic tutoring for all Aboriginal and Torres Strait Islander students. Students need to register and will be matched with a best-fit tutor for each course.

Personal Support

- Each physical unit is a safe space in which Aboriginal and Torres Strait Islander students can spend some downtime or have a yarn with other Aboriginal and Torres Strait Islander students.
- Each unit is equipped with computers and group study spaces to facilitate academic achievement.
- SSOs are available to provide support across non-academic areas of student life and our approach is based on building solid relationships with all of our students in order to provide the necessary support and success strategies when and where they are needed





People of Diverse Genders, Bodies and Sexualities

LGBTQIA+ Inclusion at Griffith

Resources for Our LGBTQIA + Peers

Griffith is committed to the inclusion of Griffith students who are sexually diverse and have diverse gender identities, including but not limited to Lesbian, Gay, Bisexual, Transgender, Intersex and Queer. A range of initiatives have been put in place to assist LGBTIQ+ students transition successfully to University.

Resources and support

Griffith University provides a number of support services, resources and information for LGBTIQ+ students. Check them out on the Resources and Support page. You can also browse a variety of helpful general mental health and wellness resources and services via the Online Health and Wellness Centre.

LGBTIQ+ counselling

There are a wide range of challenges and additional stressors that people from the LGBTIQ+ Communities can experience. The counsellors at the Griffith Counselling and Wellbeing service provide a service which is free of judgement and encourages a safe, confidential and supportive environment.

Griffith Ally Network

The Griffith Ally Network comprises Griffith staff and students who support and affirm the experiences of people who are of diverse genders, bodies, and sexualities (DGBS/LGBTQIA+) at Griffith. This network is lead by the Griffith Pride Committee.



Griffith Allies are available across all our campuses for a safe and confidential discussion on body, sexuality and gender diversity.

What is a Griffith Ally?

The role of an Ally is to:

- visibly support DGBS/LGBTQIA+ inclusion by promoting and participating in Pride events, utilising Pride merchandise and identifying themselves as an Ally within their networks;
- provide a confidential and safe environment for people to make enquiries about issues related to the diversities of sex, sexualities and genders;
- make appropriate referrals should someone seek support;
- call out (where safe to) inappropriate anti-DGBS/LGBTQIA+ behaviour;
- commits to ongoing personal education on the experiences of the DGBS/LGBTQIA+ community; and
- actively encourage and contribute to the aims of Griffith's equity, diversity and inclusion goals, including actions within the Pride Strategy .

To find or become a Griffith Ally head to:

<https://www.griffith.edu.au/equity/lgbtqia-inclusion/being-an-effective-ally>

The Pressure to do it all

In the legal profession, the pursuit of a prestigious career has long been considered the ultimate goal for many aspiring lawyers. The allure of high salaries, impressive law firm names, and the promise of a successful career drive any of us to try and do it all. However, this relentless pursuit of success can come at a high cost, both professionally and personally.

In a competitive academic environment like the law, the pressure to excel and achieve high standards can be very overwhelming. I often hear of students striving to do it all, juggling a hundred different things, from coursework to extracurricular activities, part-time jobs, and a social life. I know I'm definitely guilty of over-committing, and this is usually to my detriment in the long term. I fall prey to a constant cycle of burnout, leaving me physically and mentally exhausted.

Academic burnout is a state of chronic physical and emotional exhaustion brought about by excessive and prolonged stress related to academic demands. It can manifest in a variety of ways, including a lack of motivation, decreased performance, and even physical health problems. One of the primary culprits behind academic burnout is the unrealistic expectation of trying to excel in every aspect of student life. I find this is very common for law students, especially as we reach our final years when the internal and external pressure to stand out skyrockets.

The myth of the 'perfect student' can be perpetuated by external pressures, but even the desire to maintain high self-standards can drive students to the point of burnout. I am definitely no expert on the matter, but a few ways I try to avoid reaching that point of burnout is to:

- **Time Management:** Develop effective time management skills to help balance academic work with personal life. Create a schedule that allows for study time, relaxation, and socialising.

- **Seek Support:** Reach out to professors, counselors, and academic advisors if you feel overwhelmed. They can provide guidance and support. Surround yourself with people who know you and can help you identify your limits; a solid social circle will help you find the perfect balance naturally.
- **Self-Care:** Prioritise self-care practices like getting enough sleep, eating well, and engaging in regular physical activity. Make time for what you love.
- **Learn to Say No:** Recognise your limitations and don't be afraid to decline additional commitments if they jeopardise your well-being. This is by far one of the most difficult strategies and one I'm still trying to master. You will never be able to make everyone happy. From experience, by trying and overcommitting, you may be worse off.

While a career as a big-time barrister or a Partner at one of the Big Six Big may be the dream for many law students, it is essential to consider the potential consequences of placing an extreme amount of pressure on yourself to achieve these dreams, including law school burnout and the toll it can take on one's well-being. Remember that the legal profession offers a wealth of opportunities- you'll find the path best suited to you.

CASEY FELTHAM
PRESIDENT OF THE GRIFFITH LAW STUDENTS ASSOCIATION
BACHELOR OF LAWS / BACHELOR OF ARTS
GRIFFITH UNIVERSITY

IMPORTANT REMINDERS

It is okay to ask for help

Everyone's Journey is different

You are enough and you are doing enough

focus on the things you can control and let go of the things you can't

You are not our GPA

Self care is not selfish

You are allowed to say no- Just because you can, doesn't mean you should

It is okay to have a bad day



Choose or create a mantra that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.

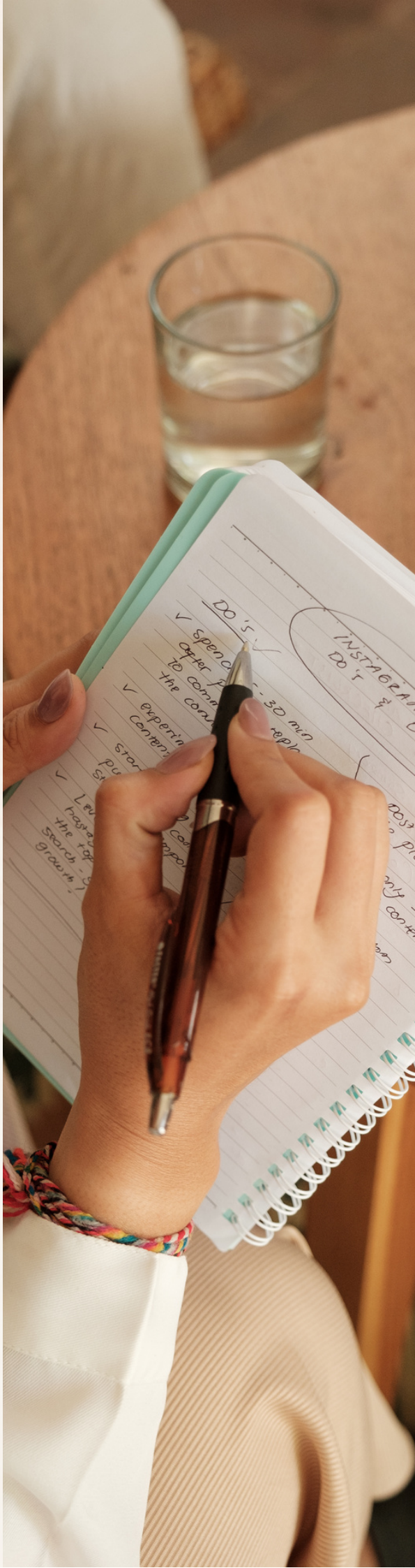
FIND WHAT WORKS FOR YOU:

Combating procrastination

I am a major procrastinator. Honestly, a picture of me should be put right under the definition of procrastination in the Oxford English Dictionary. It's laughable.

I used to get so angry at myself and fall into a shame spiral thinking I'm never going to ever succeed because I just can't sit down and get anything done...it took me a while to realise that, rather than fighting against the procrastination, I needed to accept the way my brain works and structure my time and work in a way that works for me. Having a cohesive and comprehensive process, be it for note taking, watching lectures, getting an assignment done or whatever else we need to keep on top of, does help, has definitely made me feel more secure in my studies.

If I really do feel the need to rearrange my whole room right then and there, I put my earphones in and listen to a lecture or get my word document to read my assignment out loud to me so that I can pick up on any bad grammar or wording. If I'm struggling to understand concepts, but I desperately can't focus because I've noticed the dust on my fan and I absolutely must clean it or else my brain will explode, I'll find a podcast that breaks down the concept in simpler terms. Studying and being productive doesn't necessarily look the same for everyone- it doesn't always have to look like hours spent at a desk. It's about finding what works for you.



I personally can't spend hours in uninterrupted study, as I might have mentioned, my brain wanders too much for that. So, as is the way in the 21st century, I looked to TikTok, I typed in 'study hacks' and I tried a bunch of tactics until one stuck. The Pomodoro technique was the way to go for me- four twenty-five-minute cycles of focus, with five-minute breaks in between, then, after the fourth round, I take a 15-minute break, then repeat. Alongside this, I always schedule and create a timeline for my assessment pieces at the beginning of the trimester, and I'm generous about how much time I give myself to get things done- there's nothing that sends me into a spiral more than not leaving myself enough time to get an assessment piece done.

On the next page, I have left some of the resources I use to get organised, hopefully they can inspire or be of help to students in some capacity. It's taken me far longer than I would have liked to create systems which work for me, so be patient with yourself- some things will work and other will fall flat, but that's okay. Don't be too hard on yourself, it's all part of the process.

DIAHANN PASQUILL
VP (WELL-BEING AND DIVERSITY) OF THE GRIFFITH LAW
STUDENTS ASSOCIATION
BACHELOR OF LAWS / BACHELOR OF ARTS
GRIFFITH UNIVERSITY

Assessment Planner

Course	Assessment	Due Date	Weighted Percentage		Planning and Research		Drafting		Final Copy		Reference List		Review & submit	
100LSA	Case Study	1/01/24	30%	<input type="radio"/>	Dec 1-Dec 10	<input type="radio"/>	Dec 11- Dec 21	<input type="radio"/>	Dec 21-Dec 27	<input type="radio"/>	Dec 28- Dec 29	<input type="radio"/>	Dec 30	<input type="radio"/>
				<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
				<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
				<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>



TRIMESTER PLANNER (12 week course)

Week	Dates*	Course 1	Course 2	Course 3	Course 4
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13 (Study)					
14 (Exams)					

Academic To-Do List

- Course 1
 - Week 1 Module
 - To-do
- Course 2
 - Week 1 Module
 - To-do
 - To-do
- Course 3
 - To-do
 - To-do
- Course 4
 - To-do
 - To-do
- Additional
 - To-do
 - To-do

Cornell Note Taking System

Cases and Legislation

• Press 'space' for AI, '/' for commands...

Cue Column

As you're taking notes, keep cue column empty. Soon after the meeting, reduce your notes to concise jottings as clues for Reciting, Reviewing, and Reflecting.

Note Taking Area

Record meeting as fully and as meaningfully as possible.

Questions

- List

Summaries

Sum up each page of your notes in a sentence or two

Additional Resources

- Griffith University Student Guild Academic Support Services
- Google Calendar
- Notion
- Quizlet



ORCHESTRATING CHANGE: THE CASE FOR NEURODIVERSITY IN LAW

Amidst the hustle of courtrooms and the intellectual rigour of our law schools, there resides an unsung crowd. A collection of individuals as diverse as the neural networks within our minds; each is a unique testament to the rich tapestry of human cognition. In all its stoic grandeur, the law often overlooks this profound diversity.

Our legal landscapes are sculpted for the neurotypical mind, with little room for those with divergent cognitive wiring. This inherent flaw is not only a disservice to those it marginalises but a loss for the legal profession and society at large, which miss out on the creativity and innovation that neurodiverse individuals bring to the table. However, the tides are beginning to turn and the music is starting to sound different. Therefore, we must reconsider how we practice, study, and perceive the law in the context of neurodiversity. This is not just a matter of justice or equality—it's about forging a legal system that truly embodies the diversity of the society it serves.

Within the walls of our legal institutions and schools, a silent performance often occurs that is invisible to the uninitiated. This performance is the act of 'masking', where neurodivergent individuals consciously or subconsciously suppress their natural behaviours, thoughts, and responses to appear 'neurotypical'.

They are constantly forced to perform, strive to reach unattainable standards, and suppress their authenticity. The double-edged sword to this is that they are the director, producer, and main character of this seemingly endless performance.

Yet, beneath this mask lies an untapped well of potential. These silent performances represent the ingrained need to consciously present oneself in a digestible and subdued manner. For those who have masked their true selves, whether intentionally or unintentionally, in an effort to gain societal acceptance: you are not alone.

Imagine an orchestra, where each musician has a specific part to play, each instrument contributing to the symphony. Each piece of music is written with these traditional instruments in mind, and conductors direct their orchestras following these predetermined scores. What if a new musician joined, playing an unconventional instrument with a unique sound? As the symphony was written for the usual instruments, this musician struggles to find their part in the composition. The conductor, accustomed to the traditional set, doesn't know how to integrate this new sound.

The legal profession, like a traditional orchestra, is designed and directed in a way that caters to the neurotypical. Neurodiverse individuals, who bring unique strengths and talents to the table, often struggle to find their place in this setting. They're playing an unfamiliar instrument, and the legal profession has yet to adapt the composition to integrate these unique contributions.

Imagine if conductors learned how to direct a more diverse orchestra. The music would be richer, more varied, and more impactful if we rewrote the score to include these unique instruments. Likewise, a legal profession that adapts to accommodate and celebrate neurodiverse individuals could become more innovative, more empathetic, and ultimately more effective.

By recognising, empowering, and supporting neurodivergent individuals, we can reshape our practice of law and community service. To truly harness the potential of our neurodivergent colleagues, we need to 'rewrite the score', welcoming their unique contributions to refine our collective performance. The first step on this journey is to acknowledge the presence of neurodivergent individuals among us. The second is to empower them, and the third is to watch as our profession and society become better for it.

Being different is powerful. It sets you apart in a world where 'ordinary' is all too common. In a field that values novelty and innovative solutions, neurodivergence is not a liability—it's an asset. Neurodiversity adds an indispensable melody. After all, it's our diverse notes that create a vibrant symphony.

ANNABEL BISCOTTO

PRESIDENT OF THE AUSTRALIAN LAW STUDENTS ASSOCIATION

2023

BACHELOR OF LAWS / BACHELOR OF ARTS (INTERNATIONAL
RELATIONS)

CURTIN UNIVERSITY

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WELLBEING PUBLICATION**

Finding Balance



Many students get tunnel vision when they step into university, putting all their time and energy solely into their studies, but finding a work-life-university balance is essential not just for our well-being, but for our overall success. Without it, students inevitably succumb to negative mental health consequences, such as social isolation and stress.

Here are some tips for finding a work-life-university balance:

- Set realistic goals and priorities. Don't try to do too much at once. It is better to focus on a few key things and do them well than to spread yourself too thin and end up feeling overwhelmed.
- Schedule time for both work and play. Make sure to include time for your studies, social activities, and relaxation in your weekly schedule.
- Find a support system. Talk to your friends, family, or a counselor if you are struggling to cope.

Here is an example of how I balance out my time:

- 2-3 courses per trimester (depending on difficulty)
- 3 days of part-time work
- Weekends free for socializing and relaxing

This allows me to excel in my studies, make enough money to support myself, and enjoy my weekends without worrying about assessments and course content.

Finding the right work-life-university balance is different for everyone. It is important to experiment and find what works best for you. Remember, it is okay to make mistakes and adjust your balance as needed. The most important thing is to take care of yourself and your wellbeing.

DANIEL RADULESCU
VP (SPONSORSHIP) OF THE GRIFFITH LAW STUDENTS
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Your GPA does not define you

The further I get into my degree, the busier I become. I've quickly come to discover that with busyness often comes stress, anxiety, and all of those other nasty feelings that work to convince me I can't get everything done- I'm sure all students have experienced this at some point or another. It is times like these when I've been forced to adapt and develop strategies that foster a positive mental and emotional headspace to get me through the more stressful periods.

I can't emphasise enough the importance of ensuring you take time to stop, reflect, and bring the brighter sides of life back into focus. When an exam or an assignment might be stressing you out, bring to mind the satisfaction of having it done and look ahead to enjoying some well-deserved time off. It is incredibly comforting and reassuring when you take a moment and see the diamonds that are hiding behind the rough.

Personally, I've also found the value in breaking up what may seem like an insurmountable task into smaller, more achievable goals.



Doing this takes the overwhelm out of the workload, offering a sense of purpose and direction as I move through the content. Every time I hit one of my goals it provides me with a sense of accomplishment and I am reminded that I am capable of making progress and doing anything I set my mind to.

When you invest in your well-being, you invest in your success. So, take a deep breath, be mindful, and remember that you are not defined by your GPA, but by the resilience and perseverance you display in face of challenging moments.

MITCHEL HARDIE
VP (ACTIVITIES) OF THE GRIFFITH LAW STUDENTS
ASSOCIATION
BACHELOR OF LAWS
GRIFFITH UNIVERSITY



SMART Goals Mapping

Concrete goals are your wellness milestones. Let's set goals that are SMART:

S	Specific: Clear and concise.
M	Measurable: Quantifiable to track progress.
A	Achievable: Attainable to remain motivating.
R	Relevant: Aligned with your larger wellness vision.
T	Time-bound: Encased within a timeframe.

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.

How to become the CEO of self-care

Step one: try to find balance. (I know, this is much easier said than done) As I'm sure we all know, studying law can be extremely overwhelming, especially when assignments are piling up and exams are around the corner. I can't tell you a secret formula to finding balance, but I can share how I personally cope. I find balance between "me time" and studying law by doing things that I enjoy, like going to the gym, reading, unwinding, and spending time with friends and family. Prioritising sleep and eating good food to fuel me properly has also been detrimental to my well-being. Setting aside study time and personal time is essential.

Another tip I can give is to put yourself out there as much as you can while at uni. Making friends at uni is in itself a form of self-care. Having a supportive social network provides you with emotional support, potentially reduces stress, and gives you a sense of belonging. Uni is much more enjoyable (and bearable) when you find your people. I simply could not picture myself getting through equity and trust without my friends.

What not to do: creating unnecessary stress for yourself like doing assignments last minute when you could have started weeks ago, or not studying for an exam are easily avoidable by putting in a bit of extra work and setting time aside for study. If your struggling, you can always reach out to your course convenor for help (they don't bite).

Don't sweat about the small stuff! No one is going to remember that you only got a 5 in property rather than a 7. Just try your best and don't put yourself down if you don't do as well as you had hoped. We can't be good at everything

Mia Ransom

Secretary of the Griffith University Law Students' Association

Bachelor of Laws (Honours)

Griffith University

Crafting Your **PERSONAL AFFIRMATIONS:**



Stay Positive: Frame affirmations in a positive manner, focusing on what you want, not what you want to avoid.



Present Tense: Phrase them as if they're happening now — "I am" instead of "I will be."



Believable: They should resonate with you, even if they stretch your current beliefs.

Exercise:

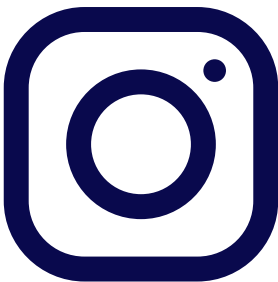
Write down three affirmations tailored to your personal aspirations or challenges. Repeat them every morning for a week.

WHERE CAN YOU FIND THE LSA?

OFFICE HOURS
Monday - Friday
10am - 2pm
Find us at G36 3.85 (Level 3)



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