

HEALTH AND WELLNESS

Law school, like the practice of law, is often demanding and stressful. Law students and lawyers alike experience high stress levels, which may result in depression, alcohol, or drug problems. A new "work-in-progress," the Wellness Initiative will help Valpo Law students combat the strain of law school in healthy, productive ways. Wellness is a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. It includes learning new coping and communication skills that address both the positive and negative aspects of human existence. The concept of wellness includes seven dimensions, which we will endeavor to address in turn this year.

- Social wellness - creating and maintaining healthy relationships.
- Physical wellness - having a flexible, aerobically fit body.
- Emotional wellness - creating and maintaining a positive realistic self concept and enthusiasm about life.
- Career wellness - making choices that are meaningful and contribute to your personal growth as well as work.
- Intellectual wellness - using your mind to create a greater understanding of yourself and the universe.
- Environmental wellness - making choices to create sustainable human and ecological communities, improving qualities in air, water, land and space.
- Spiritual wellness - process of "experiencing life" while seeking meaning and purpose in human existence. Spirituality allows one to have consistency between values and behaviors.

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Campus Resources

- [VU Health Center](#)
- [Counseling](#)
- [Intramural Sports](#)
- [Law Student Organizations](#)
- [ARC](#)
- [Campus Ministries](#)

Community resources - get out of the library once in a while and see what the community has to offer.

Going outside?

- [City of Valparaiso](#)
- [Valparaiso parks](#)
- [Taltree Arboretum and Gardens](#)
- [Indiana Dunes State Park](#)
- [Indiana Dunes National Lakeshore](#)

Staying inside?

Fitness Centers

- [Duneland Health And Wellness Institute](#) 219.983.9832
- [Valparaiso YMCA](#)
- [Valpo Athletic Club](#)
- [ARC](#)

Dance

- [United Dance Arts](#) 219.617.0725
- [Valparaiso University Dance Ensemble](#)
- [Dance Unlimited](#) 219.477.4669
- [Mirror Image Dance Academy](#) 219.462.3160
- Dance Centre 219.531.1102

Yoga

- [Asana Yoga Center](#) 219.309.7860
- [Allied Therapeutic](#) 219.395.1818
- [La Vida Yoga](#) 219.548.9395

Karate/Kickboxing

- [Valpo Martial Arts](#) 219.474.7167
- [Corral's Martial Arts](#) 219.688.7363
- [Martial Arts America](#) 219.926.KICK
- [Tiger Martial Arts](#) 219.921.1121

Massage

- Balance - A Therapeutic Touch 219.465.7287
- Tranquility Massage 219.983.2879
- [Duneland Health and Wellness Institute](#) 219.983.9832
- [Allied Therapeutic](#) 219.395.1818
- Massage By Janelle 574.249.0677

Nutrition

Need to get out of town for a bit?

- [Harre Union Ride Board](#)
- [ChicaGoDash](#) Commute to Chicago
- [CoachUSA](#) Airport shuttle
- [South Shore Line](#) Commute to Chicago or South Bend

Other Interesting Bits

[How to Live With A Lawyer](#) (page 17)

[Law Spouses](#): a blog community for those who love a law student.

[The Contemplative Lawyer](#) Stephanie West Allen's blog on mindfulness and the law.

[Thriving in Law School](#) The organizing questions of this blog are: (1) Are law students and lawyers thriving on a personal and professional level, and (2) if not, why not, and what can be done about?

School of Law - Valparaiso University
[Lawyers Turn to Meditation](#) to fight stress and improve performance.

[Move From Being a Mindless Lawyer To a Mindful Lawyer](#)

[Examine Your Work-Life Balance](#)

[The National Association of Law Students with Disabilities](#)

Please note that the listing of these resources is for informational purposes only and does not constitute an endorsement from Valparaiso University or the Valparaiso University School of Law.