

# Being Guide

2020



# ACKNOWLEDGEMENTS

## **DIRECTOR OF EDUCATION:**

Kerstin McGregor

## **EDUCATION SUBCOMMITTEE:**

Aamna Syed

Alana Morgante

Bibi Maher

Charlotte Kininmonth:

Dhea Treacy

Eileen Luo

Joseph Lew

Laura Le

Lindsey Trang-Linh Dang

Natalie Adler

Rhea Warrior

Ronald Poon

Sinmi Adebayo

Sowmyaa Sangu

Vin Wijesinghe

Lindsey Trang-Linh Dang

# CONTENTS

Editor's Foreword	4	Managing Perfectionism	48
Health & Wellbeing Officer	4	Managing Rejection	50
		Anxiety	52
<b>BEING HEALTHY</b>	6	Stress Related Illness	54
Quick & Healthy Breakfasts	8	Budgeting Tips	56
Smoothies	10		
Snacks	12	<b>BEING INVOLVED</b>	
Dress it Up	14	Podcasts	58
Quick and Delicious Meals	16	Therapy Dogs	60
Tea and Coffee	18	Volunteering	61
Exercise and Productivity	20	Clubs and Societies	62
Run: Change your Semester	22	Student Resources	63
No Gym? No Problem.	24		
Three Day Gym Routine	26		
Practical Sleep Tips	28		
Relaxation Tips and Tricks	30		
Hydration			
<b>BEING RESILIENT</b>			
Disability Support Services	32		
Productivity	33		
Seeking Help	34		
Mindfulness	36		
Managing SWOTVAC Stress	38		
Commute and Productivity	40		
A Guide to Moving Out	42		
Staying Motivated	44		
Adapting to Change	46		
Organisation Tips	47		

# EDITOR'S FOREWORD

The aim of the Being Guide is to provide you with tips and tricks that seek to boost your wellbeing, as well as being tailored for busy law school schedules. This Guide includes a variety of articles; including quick and healthy recipes, workout routines, mindfulness strategies, managing rejection and more!

Life at law school, and sometimes life in general, can be tough. I hope that the Being Guide is helpful in outlining ways to take care of both your physical and mental health during stressful or busy periods. While this Guide contains lots of helpful advice, the most important is to recognise when you need some help, and to ask for it.

I'd like to thank the Director of Education, Kerstin McGregor, and the Education Publications Subcommittee. This Guide would not have been possible without their contributions and hard work.

Gemma Tripp, Publications Officer (Education)

## HEALTH & WELLBEING OFFICER

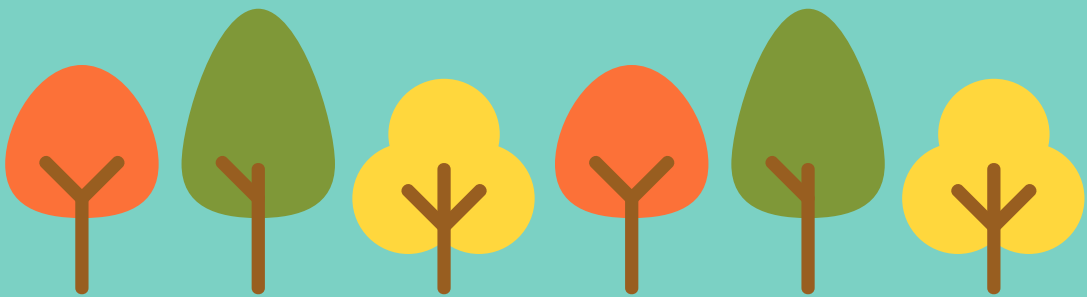
There is no doubt that many law students feel the pressure of university. The Australian Law School Survey shows that 40% of students have considered dropping out of their studies and 55% of students feel highly stressed 'most or all of the time'.

Due to these alarming statistics, it is obvious that a focus on mental health and overall wellbeing should be a priority within Monash Law School. The Health and Wellbeing portfolio runs activities to try and relieve common stresses that students may face during law school. These include a healthy refreshment stand, 'Wellness Wednesday', and 'Stress Less Kits'. Additionally, therapy dogs Boof and Kaz attend the law library every Thursday and never fail to put a smile on students' faces!

I am very excited to see how this portfolio will expand in the future in creating a law school environment that will benefit the health and wellbeing for all students.

Andrea Franco, Health & Wellbeing Officer

# Being Healthy



# QUICK & HEALTHY BREAKFASTS

Wake up with these quick, nutritious breakfast recipes to start your day feeling energised.

## **Grab & Go:**

### Overnight oats

Combine the following ingredients in a jar or container for an easy, delicious grab-and-go breakfast.

- Traditional oats (not quick oats, as these don't provide great texture) – you can also use gluten-free oats
- Milk – you can actually use any liquid, including plant-based options such as almond, soy or oat, or even coconut water
- Chia seeds (optional) – these add texture and nutrients

Ratio: 1 cup oats + 1 cup milk + (optional) 1 tablespoon chia seeds

Optional ingredients:

- Yogurt – Greek or vegan yogurt adds protein, texture and flavour
- Fruit – grate an apple, throw in some frozen berries or slice up strawberries for added vitamins and flavour
- Toppings – add a swirl of honey or a sprinkle of cinnamon
- Peanut butter – a dollop for healthy fats and protein
- Seeds (sunflower or pumpkin) – for crunch and protein

As long as you follow the above ratio of oats and milk, you can experiment with different ingredients.

Tip: I wash and keep used jam jars for my overnight oats!



# QUICK & HEALTHY BREAKFASTS

## **Under 5 Minutes:**

### Breakfast smoothie

The ultimate grab-and-go breaky – simply combine ingredients in a blender!

- 1 banana
- A dollop of peanut butter, for protein and healthy fats
- ¼ or ½ cup of oats, to keep you fuller for longer
- Milk (any variation) or coconut water
- Ice cubes
- Flavour (optional): cinnamon, honey or cacao powder

Tip: Throw in a handful of baby spinach, some frozen berries, or a scoop of protein powder for added nutrition.

## **5-10 Minutes Prep:**

### Eggs & avocado on toast

Protein, healthy fat and carbs – the perfect combination for a filling and fuelling breakfast.

Tips:

- Whole grain, whole wheat or sourdough bread are the healthiest options, and the best for digestion
- Use ¼ or ½ an avocado, and smash onto toast with a fork. Add a squeeze of lemon, chilli, salt & pepper as desired
- Not enough time to cook eggs in the morning? Hard-boil some eggs the night before, and slice on toast in the morning!

Tip: Add a smidge of Vegemite under the avocado for a salty twist – don't knock it till you've tried it!



# SMOOTHIES

As law students, we spend the majority of our time cramming and memorising, so it's easy to forget about taking care of our health. One of the first things we notice that we forget to do is eat breakfast — which is scary because breakfast is the most important meal of the day. You probably don't put much thought into skipping breakfast, however eating is more beneficial for us. After all, how do you think you're going to stay awake during your 8am Torts workshop if you haven't fuelled yourself up for the day?

This is where smoothies come into play. They're quick, tasty and super easy to make! Not to mention, they're cheap — which means you too can make them, res students.

These recipes can be adjusted to your liking. You can swap greek yoghurt for a plant-based yoghurt. Instead of yoghurt and water, you can use milk. You can also use ice or fresh fruit instead of frozen fruit. The important thing is to make these smoothies work for you. After all, you're the one drinking them!

## **The 'Mean Green Machine' Smoothie**

It wouldn't be a smoothie article without a green smoothie! This smoothie is tasty enough for you to actually want to drink it, but it has enough nutrients to make you study like a machine.

### What you need:

- 1 frozen banana
- 1 cup of frozen pineapple
- 1 cup of frozen cubed mango
- 1 small handful of spinach
- 1/2 cup greek yoghurt
- 1/2 cup water
- 1/2 teaspoon of honey or maple syrup



# SMOOTHIES

## The 'Muy Rico' Mango and Berry Smoothie

'Muy rico' means 'very tasty' in Spanish (see what I did there?). This smoothie is super simple, but is still bound to perk you up for the day.

### What you need:

- 1 frozen banana
- 1 cup of frozen mixed berries (raspberries, blueberries, strawberries and blackberries)
- 1 cup of frozen cubed mango
- 1/2 cup greek yoghurt
- 1/2 cup water
- 1/2 teaspoon of honey or maple syrup

## The 'This is Still Healthy, Right?' Chocolate Smoothie

Whoever said chocolate for breakfast is bad for you was definitely wrong. This smoothie proves that chocolate is a very adequate breakfast food.

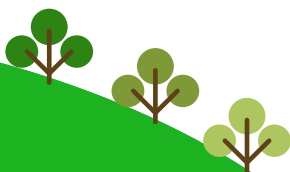
Source: trust me, man. Just taste the smoothie.

### What you need:

- 1 frozen banana
- 1/2 cup oats
- 2 tablespoons unsweetened cocoa powder
- 3 tablespoons almond butter
- 1/2 cup greek yoghurt
- 1 cup water
- 1/2 teaspoon of honey or maple syrup



Each smoothie serves 1-2 people. Use a blender to make them.



# SNACKS

There is an array of conflicting and potentially misleading information available about whether snacking is “right or wrong.” Ultimately, we all have different lifestyles and needs that determine whether we do or don’t need to be snacking between meals. Factors that can influence this include body size, levels of activity, appetite, metabolism and energy needs.

Whilst there are no hard and fast rules about snacking, here are some helpful tips and tricks:

- Reduce your intake of overly processed food: whilst convenient, processed products can often contain unnecessary levels of sugar which provide you with a fast energy hit, but don’t keep you full over longer periods of time
- Know your personal limits and don’t skip meals: snacking should not leave you so full that you’re not hungry at the next meal
- Make your own snacks: That way you can adapt sugar levels to your desired taste and use natural sugars where possible
- Most important of all, don’t feel guilty about snacking!

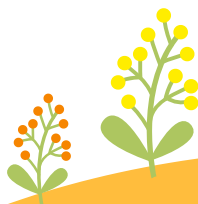
Whilst we know it is easy to reach for that packet of chips or other highly addictive product, here are some healthy alternatives to try instead:

- Chocolate Peanut Butter Dates: cut dates in half and fill with peanut butter (or any nut butter of your choice). Roll in melted dark chocolate and then in either shredded coconut or chopped nuts. Store in freezer and snack when you next need that energy hit!
- Craving something salty? Make your own popcorn and add your desired level of salt and butter
- Avocado: cut an avocado in half and remove the stone. Use it as a bowl and fill with balsamic, lemon, tomato or fetta – no need for bread if you’re only looking for a light snack



# SNACKS

- Tuna on rice cakes
- Boiled egg with mayonnaise
- Make your own nut mix (and add chocolate chips too for that sweat craving): perfect for snacking on underneath your desk
- Roasted chickpeas: drain a can of chickpeas and roast in the oven for 30 minutes or until crunchy. Toss with oil, salt or any of your favourite spices and seasonings
- Fruit Combinations:
  - Apple and peanut butter (may sound like odd, but once you've tried you'll be hooked)
  - Banana and honey on toast
  - Grapefruit with cinnamon sugar
  - Have leftover fruit that is about to go off? Stew your fruit to either have later or freeze! Simmer half an inch of water at the bottom of a pot, add your desired level of honey or sugar and simmer the fruit until the water has evaporated. Delicious served with yoghurt!



# DRESS IT UP

In my 4 years at Monash so far, my claim to fame is that I have never once had a packed lunch. 'That's sad,' you may say. 'Au contraire,' I would rebut. I froth my lunch. Every. Single. Day. Except that one time I was super rushed, made a salad from whatever vegetables I had at home... and forgot the dressing. 'So, what?' you may say, 'you still had a free lunch.' Wrong. That was not lunch. That was disappointment in a mouthful. A salad is nothing if not for its dressing. Further, one salad can become two, three, four or more just by changing its dressing. The recipes that follow prove this point.

*Note:* Salads do not have quantities. You be the judge.

## **Bowl No. 1: Roast Vegetables**

### Salad instructions:

- In a roasting tray (or any oven-proof vessel), toss your roastable vegetables (e.g. pumpkin, sweet potato, aubergine, capsicum, zucchini, cauliflower, potato etc.) plus a garlic glove in olive oil, salt, pepper and a spice of your choice (I like ground and whole cumin seeds or ground coriander seeds)
- Roast for 30-45 minutes at 180 degrees celsius or until golden and soft
- Allow to cool
- Toss with a leaf (e.g. spinach or rocket) and a white cheese (e.g. feta, goats cheese or cooked haloumi)
- Add a protein of choice (I like chickpeas or lentils, but would be equally delicious with lamb or chicken)

### Dressing No. 1: Israeli:

In a jar or cup, mix together 1 tbsp tahini, 2 tsp lemon juice (or 1 tsp red wine vinegar), finely chopped roast garlic clove, skin removed, and a pinch each of salt and pepper. The tahini will emulsify and go hard. You will need to stir in some water to get the dressing to the consistency of pouring cream. Season to taste.



# DRESS IT UP

## Dressing No. 2: Greek:

In a jar or cup, mix together 1 tbsp greek yoghurt, 1 tsp honey, ½ tsp ground cumin, 4-5 chopped mint leaves, and a pinch of salt.

## **Bowl No. 2: Vermicelli Noodle Slaw**

### Salad instructions:

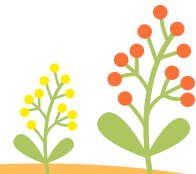
- Cook vermicelli noodles according to packet instructions
- Allow to cool
- Mix with grated carrot, shredded Chinese cabbage and/or purple cabbage, finely sliced spring onions, a handful torn mint leaves and a handful coriander leaves
- Add a protein of choice (e.g. cooked salmon, chicken, pan fried tofu, tempeh etc.)
- Toss with one of the dressings below

## Dressing 1: Vietnamese:

In a jar or cup, mix together 1 tbsp soy sauce, 1 tbsp lime juice, 1 tsp honey, ½ clove garlic, grated, ½ tsp grated ginger, and 1 tsp finely sliced long red chilli, seeds removed. If too salty or too sweet, add more lime juice. If too tangy, and a dash more soy sauce.

## Dressing 2: Indonesian:

In a jar or cup, mix together 1 tbsp natural peanut butter (pb with only peanuts and salt), 1 tsp honey, 2 tsp apple cider, 1 tsp tamari (or soy sauce), ½ tsp grated ginger and a pinch of chili flakes. If needed, add a splash of water to make it the consistency of pouring cream.



# QUICK AND DELICIOUS MEALS

It's tough trying to eat well as a student. Not only do we find ourselves incredibly low on funds, but also incredibly pressed for time. With the never-ending stream of work, uni, and social commitments, it seems impossible to find enough time to whip up something healthy.

Luckily, eating well doesn't have to cost a fortune, and it doesn't have to consist of cooking up healthier variations of Mi Goreng. Eating healthy can be fun, fast, convenient and cost effective.

Below is a list of five quick and healthy meal ideas to get you started!

## **MONDAY - Vegetarian Paella**

Take a culinary excursion to Spain this Monday by whipping up this healthy, plant-based Paella! The perfect meal to share with friends and family that's surprisingly easy to make!

FULL RECIPE: <https://veganhuggs.com/vegetable-paella-recipe/>

- Variations: Add mushrooms, zucchini, chickpeas or corn to bulk up your meal!

## **TUESDAY - Sweet Potato Chickpea Buddha Bowl**

Nothing more bougie or healthy than a filling Buddha Bowl to help you power through the day! Packed full of vitamins, fibre and protein, this meal seriously packs a punch!

FULL RECIPE: <https://minimalistbaker.com/sweet-potato-chickpea-buddha-bowl/>

- Variations: Add avocado and quinoa to boost up your intake of healthy fats and protein



# QUICK AND DELICIOUS MEALS

## WEDNESDAY - Veggie Burgers

The mid-week slump calls for a treat. What better way to tick off two goals, than to eat a deliciously tasty veggie burger that's low in fat and packed full of healthy, natural fibre!

FULL RECIPE: <https://www.inspiredtaste.net/36554/veggie-burger-recipe/>

- Variations: Save time by buying healthy pre-made patties like 'Coles Nature's Kitchen'

## THURSDAY - Simple Soba Noodle Stir Fry

A 20-minute meal that will leave you feeling full and satisfied! The perfect way to use up leftover veggies and a great meal to take for lunch. Seriously easy and simple to make.

FULL RECIPE: <https://thewanderlustkitchen.com/simple-soba-noodle-stir-fry/>

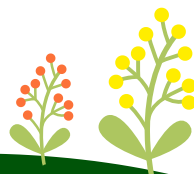
- Variations: Add in tofu for extra protein

## FRIDAY - Mushroom Fettucine

What better way to end the week than cooking Italian with a glass of vino in your hand! Invite your friends over, blast out some classy tunes, and enjoy the art of pasta making!

FULL RECIPE: <https://pinchofyum.com/mushroom-fettuccine>

- Variations: Go whole-wheat or high protein. Add in some zucchini, chickpeas or spinach!



# TEA AND COFFEE

Author credentials: Fourth year Law/Science student, subpar part time barista (what is latte art?), coffee and tea addict enthusiast, but certainly not trying to be Monash CoffeeSpace so don't @ me.

## 1. Latte/Cappuccino

I'm basic, but caps and lattes give me the creaminess I'm after in a coffee while also providing some froth.

- Go-to cap/latte? Swift's in Matheson (Clayton) – mostly for the convenience when I'm studying. Otherwise, Little Big Shot in level 1 of the LTB is a great and affordable option!

## 2. Iced Coffee

In the warmer months, I almost entirely switch to iced coffees. It's the perfect way to start off a hot day!

- Go-to? Homemade for sure! Iced coffees can be so expensive, so I like to simply fill half my cup with ice, pour in some soymilk and pour in a shot of coffee (and maybe some vanilla ice cream if I'm feeling extra)

Pro tip for on-the-go cold drinks – Instead of using a sad keep cup, invest in a reusable tumbler with a straw! I've been using mine every day in summer. You can find it on eBay for < \$15.



# TEA AND COFFEE

## 3. Earl Grey + Milk

Earl has an interesting flavour - lighter than English Breakfast with just a hint of zest. Pair with a dash of milk and some light afternoon tax reading and I guarantee you'll be looking forward to your afternoons with Earl, too.

- Go-to? Home. Why spend \$4-5 on hot water and a tea bag? Buy yourself some affordable (fair-trade) leaves and some teabags for on-the-go

## 4. Chamomile Tea

When it's time to wind down, Chamomile is the first step of my night routine. Chamomile is easy to drink and bound to put you in a relaxed mood. It's a great night-time tea because there's no caffeine!

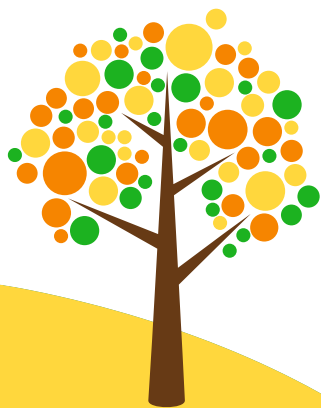
- Go-to? See (3)

## 5. Ginger Tea

A go-to for stomach aches and period cramps, I personally prefer it for its use and taste over peppermint tea. Ginger is known to have anti-inflammatory properties, so give it a try next time your stomach isn't feeling 100%!

\*warning first timers, the taste can be quite strong depending on what type you get!

- Best place? Try your local Asian supermarket. They come loose leaf or powdered in sachet form, all ready for use at home or on-the-go!



# EXERCISE AND PRODUCTIVITY

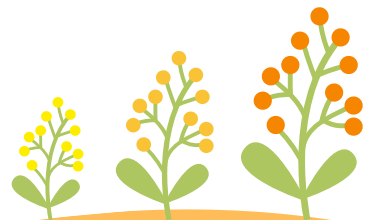
A little more exercise for a little more productivity.

We all want to feel productive. It's what drives us forward, what gives us a sense of purpose, and it's what allows us to attribute value to our lives. Often, we are defined by our productivity: productivity becomes a metric which we use to define our successes. There's a sense of fulfilment in accomplishing productive tasks; a source of pride.

Without this pride there's a sense of feeling lost, a dull discontentment that creeps in. Ever feel like you're just tired for no reason? This feeling can insidiously shroud you, a self-deprecating hum that lingers in the backdrop of your life. We will all have lapses in motivation, but that's where having a more active lifestyle can pull you out of your own head.

It's not about being an athlete. It's not even about regularly playing a sport or scheduling in time at the gym (although, it can be: join Monash's sports clubs!). It's about treating yourself to a walk. Maybe a walk with friends, even if it's just walking up and down all three floors of LTB on your study break. Maybe go on bike rides, throw a frisbee, try rock climbing - anything to get us out of genuinely trying to figure out how to get to the fridge and back to bed without having to stand up.

Engaging yourself in physical activity will, undoubtedly, bring about all the benefits you've heard time and time again. Happiness inducing endorphins and mood-stabilising serotonin, improved sleep; a balanced life. Peppering



# EXERCISE AND PRODUCTIVITY

exercise into your routine is like cutting corners in life. In doing so, you are actively looking after your physical and mental wellbeing. Your health needs to not only be acknowledged but nurtured, a practice that will keep on giving back. As you work exercise into your life, you'll find that you'll be rewarded with peace and ease. Things will fall into place.

Life isn't perfect and productivity isn't constant, which isn't to say we won't bend over backwards scrambling to play the blame game for our lapses in productivity. Instead of blaming ourselves we can take care of ourselves, value our bodies and value the time we spend physically active. It's just a little more exercise, for a little more productivity.



# RUN: CHANGE YOUR SEMESTER

We all know running is good for us, yet we seldom find time for it in our busy schedules. Between work, uni, volunteering, and our never-ending list of social obligations, it seems nearly impossible to find enough time (or the right time) to go for a run.

The problem is that running hasn't become a habit (yet). In our seemingly endless pursuit for success, running often gets traded out for more hours of study or more time at work. Put simply, it's not a priority. But what if it was? What if running could give you more than just physical benefits?

## **Three benefits of running:**

### 1. Uninterrupted thinking time

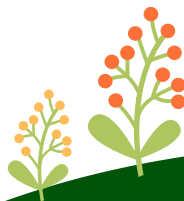
Running gets us moving, and our thoughts rolling. When we run, we grant ourselves the freedom to uninterrupted silence and thought. We become less distracted and are able to focus solely on the task at hand.

### 2. Improved mental and physical wellbeing

Studies show that when people run outside, rather than on a treadmill, they experience far greater boosts in energy, and significant decreases in anger, stress and depression. Constant changes in scenery, direction and pace help us feel alive, awake and active!

### 3. Opportunities to explore

Perhaps the best part about running outside is the unique opportunity to explore new places. The chance to finally see your local neighbourhood and truly connect with nature. With a breath of fresh air comes renewed confidence, perspective and purpose, along with newfound energy to truly tackle your day!



# RUN: CHANGE YOUR SEMESTER

## How to make running a habit:

You don't need to run a marathon to feel the benefits of running outside. All you need to do is apply the four laws of good habit creation (as per James Clear):

- Make it Obvious: Have your runners out in the morning and schedule in a weekly run
- Make it Attractive: Join a running group, play a sport, or just jog with friends
- Make it Easy: Five minutes is better than nothing. 500 metres is better than just sitting
- Make it Satisfying: Track your runs to feel proud of all your progress

## Now do it:

Join Run Monash, run the 1,000 steps, or chase that beautiful sunset at your local beach! Run the Tan, Albert Park or even just your local block. The key is to start off small and simple. Go outside, breathe in that fresh air, and just start running.



# NO GYM? NO PROBLEM.

When you're short on time (like every law student) the perfect workout is a HIIT circuit. An acronym for high intensity interval training, HIIT is going to get you sweaty and tired quicker than a Brooklyn Nine-Nine episode.

## Before we begin

- Complete a quick warm up by doing some dynamic stretches (like leg swings) or walking on a treadmill for a few minutes. This will help keep you injury free
- Each exercise is performed for 30 seconds followed by a 15 second rest period. Complete all moves and then repeat for a total of 3 rounds. Remember to give your all in that 30 seconds and do as many repetitions as you can!
- If you are unsure on how to perform the exercises, despite the descriptions, all of these exercises have video demonstrations on YouTube
- Finally, this workout is just inspiration. Feel free to modify the workout for your own fitness levels, goals or health conditions

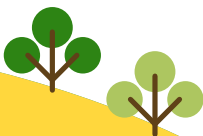
## The workout

### Squat jumps

With your feet hip-width apart, bend your knees into a squat. Once you are at the bottom of the squat, explosively jump up as high as you can. When landing, make sure to land on the balls of your feet first.

### Spiderman plank

Get into a plank position. Bring one knee towards your armpit on the same side and then return to the plank position. Repeat this on the other side.



# NO GYM? NO PROBLEM.

## Burpees

The burpee consists of 4 different steps. Firstly, from a standing position drop into a squat-like position with your hands on the ground just above your feet. Jump your feet back behind you, keeping your arms extended so that you end up in a plank. From the plank, jump your feet back towards your hands. Finally, leap into the air with your arms straight above you.

## Fast lunges

Stand with your feet hip-width apart. Take a big step forward with one leg, making sure the heel contacts the ground first. Lower your body until the front thigh is parallel to the ground and the back shin is vertical. Drive back into the starting position and repeat. The key here is to do this very quickly.

## Jumping jacks

Begin with your feet together and your arms by your side. Jump to spread your legs wide (approximately hip-width apart), and raise your arms over your head. Jump back into the starting position and repeat.

## Afterwards

Make sure to cool down with some static stretches. Complete this workout 2-3 times a week!



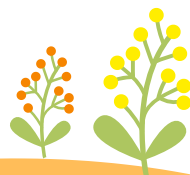
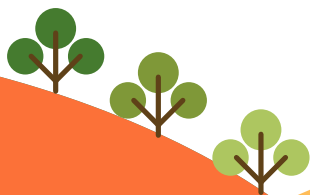
# THREE DAY GYM ROUTINE

After two years of messing around at the gym, with no clear direction of what exercises I was doing or why I was performing them, I finally did my research and settled on this routine for my busy student/work lifestyle.

I include lots of compound exercises that work the entire body at once, allowing me to keep my workouts relatively short (~ 1 hour) while hitting multiple muscle groups. For example, I've included a lot of squat variations because they're great at training the lower body and have tremendous carryover to everyday life. It's better to perfect the basic movements rather than doing random machines or crazy workouts you saw on the 'gram.

I focus on progressive overload with my training, meaning that I keep track of the weight and repetitions I do for each exercise and aim to either go heavier or perform more reps the following week. Keep in mind that strength/aesthetic goals aren't accomplished overnight. If you utilise progressive overload correctly, you will only be increasing the weight ever so slightly (by ~1kg or by 1-2 reps) every week. Don't forget that caloric intake is crucial in maintaining and building strength and muscle. Even if your goal is to 'lose weight', you should be eating quality and adequate foods to fuel your workouts!

Remember, your commitment to the gym shouldn't feel like another chore on top of uni. Working out is part of self-care, so don't take it too seriously during the bad workouts when nothing feels right (you will have those sometimes). Finally, to my fellow ladies, don't be afraid to get in the weights section. I promise no one is looking at you, and if they are it's because they're inspired. Be it 2kg or 20kg, go kill it!



# THREE DAY GYM ROUTINE

## Day 1:

- Squats (Heavy) 5 sets x 3-5 reps
- \*have plenty of rest (e.g. 2-3 min) in between heavy sets
- Bench press 3x12
- Chin-up negative 3x5 second holds
- Superset (back2back): Hip thrusts and Stiff-leg deadlifts 2x12
- Rear-delt flies 3x8

## Day 2:

- Deadlifts (conventional or sumo) 5x6-8
- Chin-up negatives 2x5 second holds
- Lat pulldown 3x12
- Bent-over row 3x10
- Calf raises 3x8

## Day 3:

- Squats (volume day)
  - Front squats 3x8
  - Paused back squats 2x10
  - Normal back squats 2x10
  - Bulgarian split squats 2x10
- Bench press 3x10
- Overhead press 3x10
- Chin-up negatives 3x5 second holds
- Tricep pushdown 2x15



# PRACTICAL SLEEP TIPS

We all know how important sleep is, and how essential it is for physical and mental health. The National Sleep Foundation recommends that adults get between 7 to 9 hours of sleep every night, and provides plenty of tips on how to do so. But law school is busy. In between lectures, tutes, work, volunteering and assignments, these tips are a little impractical.

Here's where I come in, with practical do's and don'ts for the busy, sleep deprived law student.

**DO** schedule in sleep like you would a work or other non-negotiable commitment. Make sure that you schedule in the time taken to actually fall asleep as well!

**DO** utilise a blue light filter for your electronic devices during those late night study sessions. Blue light suppresses melatonin, making it a lot harder to fall asleep. By using a blue light filter on your devices (such as 'Night Shift' on Mac and iPhones), you don't have to turn your devices off an hour or so before bed because honestly who has the time for that?

**DO** get some exercise. It doesn't have to be a gym session, but any activity is better than nothing when it comes to falling asleep a little easier. Exercise also helps with other things that could be interfering with sleep, such as stress (which all law students have a lot of!). Check out some of the previous articles for some inspiration!

**DON'T** bother with over the counter sleep supplements like homeopathic melatonin to make you sleepy. Melatonin, the sleep inducing hormone, is a prescription only medication. The stuff they sell at a pharmacy are basically



# PRACTICAL SLEEP TIPS

sugar pills. Instead, try taking a warm shower before bed or listening to some ASMR (super relaxing videos on YouTube). My favourite ASMRtists are Gentle Whispering and Latte ASMR. It will seem weird at first but next thing you know you'll be very relaxed and fast asleep!

Similarly, **DON'T** abuse stimulants such as coffee or energy drinks. I know its tempting to chug down your 5th large coffee of the day to keep you awake, but excessive caffeine intake can lead to a host of awful symptoms, like nausea, jitters, heart palpitations and insomnia. I promise a far more effective method is to take a small power nap. 15 minutes is all you need to feel refreshed and alert.

And there you have it, some tips for better sleep. If your sleeplessness persists, please visit your local GP for some help. Goodnight!



# RELAXATION TIPS AND TRICKS

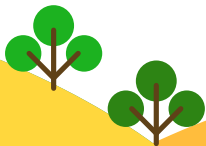
We all feel stressed from time to time. Particularly in law school, the workload can feel overwhelming and never-ending - leading to high levels of stress and sometimes burn out.

It's important to recognise when we're feeling stressed, and to follow some simple steps to reduce stress-levels.

## **General tips to minimise stress:**

Balance – Life is all about balance. We shouldn't spend no time studying, nor should we spend all of our time on study.

- Striking a balance between nurturing and depleting activities is a great way to ensure you're taking time to do the things that make you happy outside of uni. Read more about these activities here: <https://www.headspace.com/blog/2019/03/27/sleep-health-5-nurturing-vs-depleting-activities-getting-your-ratio-right/>
- It's tempting to do everything, but sometimes, we just need to say no. Volunteering, working, socialising, extra-curricular activities, law student competitions and societies – these are all fun, rewarding activities that are certainly worth our time, but only if we have the time to spare. It's okay to say no – there's always next time, or next year.
- Giving yourself a rough schedule, particularly on weekends, can be a great way to make sure you're fitting in all the things that are important to you. And don't forget about taking time for yourself – sometimes we really do need a night watching Netflix by ourselves in PJs.
- Eat away from your desk – take a break from your desk and just enjoy your meal. If you take a tea or coffee break, sit outside to enjoy a few minutes of



# RELAXATION TIPS AND TRICKS

peace. You'll be surprised by how a few minutes away from concentration can increase productivity.

## **Tips for when you're feeling particularly stressed:**

- Take a night off, from everything. If you're stressed, studying late into the night likely won't be productive. Instead, get into bed and unwind by doing something you enjoy, such as reading a book or watching a film. Have a good sleep and wake up feeling refreshed!
- Chat with a friend – a problem shared is a problem halved
- Make a list – break down what you need to do into smaller, realistic steps. Each time you tick something off the list, you'll feel fulfilled and motivated to do more
- Write down your thoughts – seeing your thoughts written down in bullet-points can help to organise them, and they'll become less daunting
- Enjoy nature – go for a walk around the block for a study break, or read a textbook while lying in the park. Fresh air and sunshine!

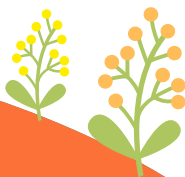


# HYDRATION

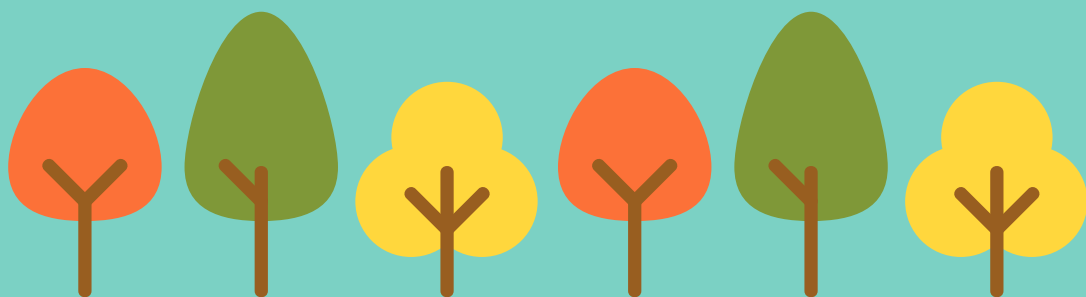
We all know that drinking water is important – 60% of your body is made up of it! Whilst there is no universally agreed quantity of water that must be consumed daily, Australia's current dietary guidelines simply recommend us to 'drink plenty of water.' How much each person needs depends on a range of factors such as sex, bodyweight, levels of physical activity and climate. Your body will give you some clear signs that you're not hydrated enough; a dry mouth, headaches, lack of concentration or dizziness. Hydration plays an important role in blood circulation, maintaining body temperature, keeping skin healthy, combatting fatigue and flushing out toxins.

Consequently, here are some simple suggestions to ensure you are staying hydrated every day:

- Carry a reusable water bottle with you
- Infuse your water: Add your own lemon, mint or berries. Alternatively, Twining's cold water In'fuse range are naturally flavoured fruit infusions – an easy, healthy way to add flavour to your water!
- Draw marks down the side of a clear drink bottle to motivate yourself to drink a certain amount each hour
- Limit coffee and alcohol: whilst any liquid is better than none, they can have diuretic effects that do not leave you as hydrated. Consequently, try and stick to a one-to-one rule when drinking any of these beverages
- Drink before, during and after exercise
- Get some water through food: watermelon, stone fruit and cucumbers contain high water content and can help you stay hydrated
- Keep an eye on the colour of your urine: if it is too dark, you're probably not drinking enough
- Drink more than usual if you have spent long periods of time in the sun



# Being Resilient



# DISABILITY SUPPORT SERVICES

To assist you to study independently, you can access disability services once you've registered with DSS and arranged adjustments with Monash. This may include flexible assignment deadlines and/or alternative arrangements for exams.

## **Students who are carers:**

Monash also supports students who are carers of a person who is aged and frail or has a disability, medical or mental health condition. If this situation affects your ability to study, you can discuss reasonable adjustments with a disability advisor. To receive this support, you will need to register as a carer.

## **Services for students with disabilities:**

- Support workers provide a range of services including note-taking classes, writing for you during exams, and Auslan interpreting.
- Accessible accommodation on campus may also be provided such as wheelchair-accessible accommodation options.
- Alternative formatting for essential learning materials for your course can be provided as electronic text or Braille.
- If eligible, alternative arrangements are available for exams such as extra time, rest breaks, someone to read or write for you, a computer and assistive technology, or a separate exam venue. These adjustments to exam conditions are made to accommodate individual circumstances.

For more information, consult the DSS' website:  
<https://www.monash.edu/disability>



# PRODUCTIVITY

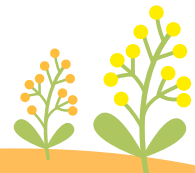
It's hard to stay productive – trust me, I know. I'm no stranger to a cheeky Netflix binge and there's no one that you'll meet that's better at wasting time than me. So, in the hopes of fixing my study habits and managing my time better, I've compiled a list of tips and tricks to help cross off that to-do list and study smarter, rather than harder.

One of the tips that keeps coming up is to **plan out your day**. Calendars and diaries are your best friend – make a list of what needs to be done, and then spread out the workload across several days. To do lists are also great, especially if you rank the tasks in order of priority.

On the topic of planning your day, **set reasonable limits** on what you can achieve. Be realistic. Locking yourself up on level 3 of the Law Library for the next twelve hours might sound like a great idea but trust me, it's a waste of time. Instead, allocate time limits for each task, which will make sure you make the best use of your time.

While you're at it, make sure that you **take a break**. Studies have shown that strategic renewal boosts productivity, helping you to study better. So, go for a stretch, grab a quick snack or even go for a walk, but just make sure you're being reasonable. Just because you read two pages of your contracts textbook doesn't mean you deserve to watch three hours of Sex Education. Nice try.

And last but not least, **do the hardest task first**. It might seem the most intimidating but if you get that out of the way, everything else will seem like a breeze. Otherwise, you'll keep telling yourself that you'll do it tomorrow, and we all know that's not going to happen.



# SEEKING HELP

Life as a law student can often feel overwhelming and isolating. Despite having hundreds of others studying the same course, it can feel like no one truly understands what you are going through.

Reaching out is so important. Movements like 'R U OK' day are super important but more important is the consistent support that is available throughout the year. Everyone is different with regards to whom they feel comfortable talking to, but it is important that you have someone. Below are some of the people or organisations to that you can and should reach out to.

## **Family**

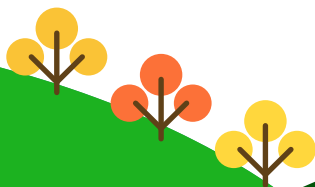
For those lucky enough to have family members that they feel comfortable talking to, this is a great option. If this isn't viable, for whatever reason, there are lots of other options.

## **Friends**

It can often be hard to open up to friends, especially when they are in the same course but you feel like they aren't struggling like you are. However, this is exactly why they are so good to talk to. Same theory goes as the classic 'if you have a question, ask it, because chances are that half the class has the same question.' If you are struggling with something, chances are there are many others struggling with the same assignment, same social issues, same family dynamics issues, same identity questions, etc.

## **Monash counselling**

Monash Counselling is available for every Monash student. It is situated in the health clinic on the ground floor of Campus centre, beside the pharmacy and



# SEEKING HELP

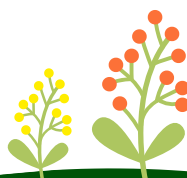
opposite World Point. There are a number of counsellors who have different specialisations including academic, social and general anxiety. You can call Monash Counselling to make an appointment. There is also a phone counselling service (open 24/7): 1300 STUDENT (1300 788 336).

## **Non-Monash counselling**

If you have Medicare, you may be entitled to get a 'Mental Health Plan'. You can get this from your GP. Essentially, this grants you ten free or subsidised (depending on who you see) sessions with a psychologist or psychiatrist. Your GP will refer you somewhere - this can be Headspace, a private psychologist/psychiatrist, or whoever you prefer.

Remember, no problem is too small. Just because someone may have a 'more serious' or a 'bigger' issue, does not mean that yours is not one worth discussing.

Please reach out if you feel like you need some help. The first step can be hard, but it is harder to find someone who sought help that regretted it.



# MINDFULNESS

Law school is notoriously stressful – with word counts, moot courts, the readings (oh, the readings!), 3-hour exams and the like, a law degree can be a whirlwind of ups, downs, highs and lows. Whilst I'm not here to dispel all myths – and though I promise, it can be fun too – there are ways to combat and mitigate the natural stressors that arise throughout.

Mindfulness is a catch-all concept that has infiltrated popular culture. Whether as a wellness trend or a lifestyle choice, mindfulness simply means to slow down, pay attention, and to exist in the present moment. This can manifest in a number of ways, including meditation, breathing techniques, yoga or walking.

Here are some tips to kickstart your mindfulness journey:

## **Journalling**

The joys of modern technology are abundant, but we often neglect the art of handwriting. Sitting down with a physical journal and pen in hand, put your thoughts to paper. Begin by answering simple prompts: “what are you grateful for?” “what in your life needs attention?” “who are your role models?” In the process, your focus will improve.

## **Mindful eating**

It can be super easy – and sometimes necessary – to pick those gloriously salty late-night study snacks, over something (perhaps) more nutritious. Eat what you want when you want, but instead of rushing into it, pause, and think about whether your food nourishes and contributes to your wellbeing or not.



# MINDFULNESS

## **Meditating**

People tend to approach meditating with the mindset that they, “aren’t good at meditating.” However, being good at meditating is not the objective: it’s about ritualising serenity and having fun all the same. Start small with five minutes a day. Lauren Ash of Black Girl in Om recommends either lying or sitting, and at first, to “close your eyes, focus on your breath, and notice the rise and fall of your chest and your body as you inhale and exhale.” More so, to remember, that “mindfulness isn’t about quieting our minds...it’s about allowing yourself to exist above all of your mind’s chatter.”

## **Affirmations**

Affirmations seem mostly exaggerated and fruitless at first but can empower and strengthen your sense of self. Choose a phrase that aligns with you and your journey, and repeat it, out loud, every day. Examples include, “I am worthy, just as I am,” or “I believe, trust and have confidence in myself.”

## **Gentle exercise**

Exercise that is low-impact and gentle on your body can provide a space to exist calmly, slowly and with purpose. Restorative yoga or a nature walk can help edge you closer to a state of clarity, peace and intention.



# MANAGING SWOTVAC STRESS

## The inspiration

I recently stumbled upon a book titled 'The Resilience Project' written by Hugh Van Cuylenburg. For all the avid readers out there: I highly recommend this book. Cuylenburg details three practices: gratitude, empathy and mindfulness (G.E.M) that can help readers find and maintain happiness. Adopting and implementing G.E.M in my life has truly helped me cope with the dreaded exam season.

## Gratitude

We all become tunnel visioned in exam season. My focus often shifts from maintaining a healthy balance between work, social and university life to solely striving for the best grades. The trap with this is that I become overly critical of myself. I begin to nit-pick not only my notes, but other areas of my life. This is where Cuylenburg's advice kicks in: he recommends beginning a gratitude journal. Overtime the aim is to condition your mind to recognise and be grateful for all the little wonders in your life. By starting this journaling process, I usually find my way out of the stress tunnel. When I am really overwhelmed, I like to take a moment to just appreciate the little things that make my day beautiful. This helps me to realise that there is a bigger picture and that there is so much more to life than just one exam.

## Empathy

Sometimes when we are warped up in our own worlds, we forget to realise that others are also going through their own struggles. Cuylenburg encourages people to be empathetic towards those around you even when you're down. During exam season I try and get a group of friends together to



# MANAGING SWOTVAC STRESS

brainstorm ideas or review tutorial questions. This often involves a lot of laughs and some mutual venting about some random topic being completely nonsensical. By helping each other out, not only are we walking away with more knowledge, but also a greater sense of fulfilment. Cue the High School Musical song – but really “we’re all in this together”!

## Mindfulness

Mindfulness is an interesting practice. For some this may be entwined with religious beliefs such as prayer. For me, meditation is my sanctuary. Cuylenburg emphasises this as pivotal in remaining present. So often our stress stems from an impending exam. Meditating allows me the comfort of re-zenning myself in the moment. The worries about the future, my future grades, my future WAM, and the difficulty of the exam questions often fades away when I am able to do this.

## The point

So if you’re a bit of a stress-head like me during your exam season I really recommend adopting G.E.M. Cuylenburg emphasises the success of these principles amongst some of our best athletes such as Dusty Martin, Trent Cotchin, Adam Treloar, Billy Slater, Cooper Cronk and more! I can promise you that you have nothing to lose by giving it a go.



# COMMUTE AND PRODUCTIVITY

Imagine: Waking up at 6:30am to leave the house by 7am to get to the station at 7:10 am to make your 7:15am train so that you can reach Huntingdale Station at 8:40am to arrive at Monash by 8:50am to make your 9am tute. For some of us (me), this is a reality. Commuting to Uni can take students anywhere from 5 minutes (lucky Res kids) to 1.5 hours (or more!), so here are 4 things you can do to turn your commute from a frustrating time-eater to a productive time of day:

## **Organise your calendar**

Apps such as Google Calendar, Fantastical 2 and Any.do are useful in organising your time whilst on the go by making sure that you are keeping on top of your deadlines and plans. Checking this on your way to Uni will remind you what your day looks like and of any future plans in the upcoming weeks, whether that be group meetings, club meetings, due dates, friend's birthdays, etc.

## **Music, podcasts and audiobooks**

A great way to multitask whilst commuting is to plug in your earphones and listen to something relaxing or interesting. Studies show that listening to music whilst travelling helps relieve stress, which improves heart health. Some recommended podcasts include: The Guilty Feminist, Ted Talks and Casefile True Crime (see pages 58-59 for more recommendations!).



# COMMUTE AND PRODUCTIVITY

## Check your emails

Downloading Gmail on to your phone is a great way to get a head start on your day. Sometimes, lecturers/tutes will email you the morning of your classes to remind you of readings that need to be completed prior to attending the class, or to inform you of any changes that have been made concerning your class, e.g. a cancelled class, room change, test reminder, etc.

## Learn

This is very broad and can be anything from reading the news, watching documentaries, learning languages through apps on your phone or reading a book. Anything that helps you learn something new or expand your knowledge in a particular area can be pursued whilst commuting. Although studying whilst commuting might seem like a great way to kill two birds with one stone, I would recommend studying in a more comfortable, quiet and spacious environment (however, if this works for you, go ahead!).

Regardless of whether your commute is multiple hours or only a couple of minutes, adopting any of these tips is helpful in setting you up for a productive day.



# A GUIDE TO MOVING OUT

It can be quite daunting moving out of home for the first time. Yes, the freedom is amazing, but you will have more on your plate and have to take on more responsibilities. To make this somewhat easier, here are a few things you need to do and be aware of to ensure that you make the most out of this exciting experience.

## Step 1: Find a place to live

This is definitely the most crucial step because it makes all the difference if you can find a place that suits all of your needs. You should consider the following:

- Your budget (rent can be \$100 to \$600 per week depending on location and features)
- Location (How long does it take to get to Monash? Is it a safe suburb? Is it convenient for work and close to public transport?)
- Types of place (e.g. studio apartment, share house, shared apartment with multiple bedrooms, shared room in an apartment)
- Other features (e.g. whether bills are included in the rent, furnished or unfurnished, the condition of the place, whether it is spacious)

## Step 2: Understand your lease contract and your rights

Once you have found your dream accommodation and had your application accepted, make sure that you read over your lease contract and ask for help from experts if needed before signing. There are fees such as a bond or deposits that might be included. Landlords usually ask you to pay an amount of money (bond) and will keep this if you damage the house. In order to avoid losing your bond, ask them about your obligations as a tenant and the conditions tied with it. If you are renting from a close friend or relative, still make sure you have everything in writing in case any unfortunate disputes or misunderstandings occur.



# A GUIDE TO MOVING OUT

Most importantly, know your rights and obligations, as well as your landlords! There is a lot of information on the internet informing you of the relevant law so be sure to do some research.

## **Step 3: Set up house rules**

After all the hype and excitement from the freedom and the furniture shopping, responsibilities will kick in. Living with other housemates will be completely different compared to living with your family. It's never a bad idea to sit down with your housemates, have some bonding time and also discuss house rules and cleaning duties. It would also be good to plan out your week and decide on when to do your cleaning, shopping for groceries, laundry, etc. Discipline yourself because trust me, it is unbelievably easy to go from having a healthy lifestyle to eating instant ramen for dinner in a messy room.

## **Step 4: Budget, budget, budget**

In addition to general chores and errands, you should keep track of your expenses, because managing your finances is probably the most stressful part about living alone! I cannot stress how important it is to set a budget for yourself. The best tip I can give is to make sure you have a fair amount of money in your savings account in case you are busy during your exam period and cannot work as much. Your general expenses would include rent, bills, food, traveling (Myki or petrol for your car), other groceries (e.g. toiletries), going out with friends, etc.

## **Step 4: Have fun and take care of yourself!**

Last but not least, make the most out of your time! Make your favourite home cooked meals, enjoy your lazy nights in, throw small gatherings, learn new recipes and bake. It is never a good idea to forget about your mental health and your happiness regardless of how busy your life is.



# STAYING MOTIVATED

I think it's fair to say that we all feel the Week 8 burnout. The first major batch of assessments are done and dusted, and exams are looming on the horizon. Keeping on top of lecture content, readings and other material becomes more difficult as motivation levels drop. I'm a big believer in "action plans" so I usually employ some quick fix hacks to get me going again.

## Get outdoors

The best thing I can do for myself when I am in a funk is to get outside. Just going for a short walk helps me to clear my head. While I'm out I like to pop my earphones in and chuck on a good podcast. A good friend of mine recently recommended Jay Shetty's brilliant podcast titled "On Purpose". Listening to Shetty and his guests talk about releasing toxic beliefs, finding contentment and building self-discipline helps me to find my own inspiration. Doing this whilst outside, surrounded by greenery and sunshine, is a nice way for me to reframe and refocus my mind.

## Checklists

Once I've been out and about, I like to sit down and get stuck into the task/s I've been dreading. Feeling overwhelmed is common. This is especially true if I've been procrastinating. My favourite thing to do when I begin to feel like I'm drowning in readings or recorded lectures is to write a checklist. It sounds like a really basic tip and that's because it is. Writing a list helps me break down big projects into mini tasks. Checking the boxes helps me feel like I am making progress as I work my way through the list. It's a great way to feel a sense of accomplishment. This method also motivates me to "just check the next box" and I often end up doing more than I expected.



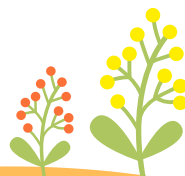
# STAYING MOTIVATED

## Time management

Okay but let's be real. If your major assignments are done and dusted and you're simply keeping up with content, don't forget to cut yourself some slack. Give yourself a study break and peel yourself away from your screen. The app "Focus Keeper" may help you in determining when to take these breaks. I know that law school can feel like it's always – go, go, go! Don't forget to meet your friends for coffee, pick up a shift at work to get that extra moola or simply binge some Netflix. I find that allowing myself some time to just be me helps me feel rejuvenated and ready to go when I sit back down in front of the books.

## Same boat

Lastly, just remember by Week 8 we are all in the same boat, you're not alone and you've got this!



# ADAPTING TO CHANGE

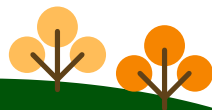
Change is inevitable. It can be refreshing and even frightening, but we must deal with it at one stage or another. However, the effect that change has on our lives ultimately comes down to how we adapt.

As humans, we stick to what we know. Hence, the thought of treading beyond our comfort zone is often scary. Yet here lies the greatest obstacle for positive change. As you step into this new and ever-changing period of your life, be bold. The only way to truly overcome change is to tackle that which you fear in your new environment.

Law school is no exception – the rigid structure of school fades as life demands a new level of independence. Each semester brings a new challenge, but also an abundance of opportunity. That is what change is, not something you should dread, but a chance to do something you once might not have thought about doing. Push yourself; join a university club, attend a ball or join a sports team. While undoubtedly a different beast, university has something for everyone. What you originally perceived as a foreign and overwhelming change, might help forge the greatest memories of your life.

One other important factor must not be forgotten; you are not alone. University may be the biggest change in the life of a young adult, but it is a common one. There is comfort to be found in communicating with someone in similar circumstances to you. Ultimately, everyone is in the same boat and are likely to be experiencing similar struggles.

In this vein, adapting to change is not a solo mission. Ask for guidance from older students as they were once in your shoes. University provides a network like no other, one that cannot provide direction where you have none. Remember, change is only scary if you make it so.



# ORGANISATION TIPS

## Set goals

One way that I like to do this is to write down three goals for each month – one personal, one professional and one financial, and five major goals for the year. The short-term goals can be associated with your long-term goal (e.g. driving every day this month, if you want to get your license by the end of the year). This method allows you to track your progress and keep track of what needs to be done for your goal to come into fruition.

## Make a timeline

Grab out a calendar and write down all your important dates as soon as you learn about them. Write down assessment due dates, birthdays, work and other events and hang it on your wall. A calendar acts as a constant reminder of what's coming up and allows you to organise your time accordingly.

## Find a place for everything

As soon as your tutorial finishes, rather than stuffing those loose-leaf papers in your bag, place them in an allocated display book. Similarly, group digital documents together by unit or category, and place them in their own little folder. Although this might seem annoying at first, you'll be thanking me when you realise that you're not constantly losing stuff.



# MANAGING PERFECTIONISM

Generally speaking, perfectionism is deemed the good fairy, sitting on one shoulder getting you to start your assignment early and to work on it overtime to make it 'perfect.' Procrastination, on the other hand, well that's the bad fairy, telling you to be lazy, watch Netflix, and do your work the night before it's due because then you will be running on adrenaline and all the content will be fresh from the five lectures you just binged... Right?

Wrong. These two actually go hand in hand more so than pineapple and pizza (don't @ me). They complement each other like a law student and coffee, like a cute photo with Boof and insta. These two create a vicious cycle. You want your work to be perfect but perfect isn't attainable, especially not in the first draft, so you put it off because nothing that you do will be perfect. As long as you don't start the assignment, you maintain this idea of perfection, and as long as you maintain this idea of perfection, you are frozen and unable to start i.e. you 'procrastinate'.

So, it's all well and good to recognise the link between these two. But how can we use this recognition to help manage perfectionism and minimise our procrastination? Where to from here?

## **Challenge your shoulds and musts**

When we tell ourselves that this assignment must get an HD or that we should absolutely be getting nine hours of sleep or we won't reach our full ability, we give ourselves no room for learning, failing and improving.

## **Change your language**

Perfect is unachievable and unrealistic. Odds are that if you are any mix of law student and perfectionist, you've never sat back, looked at your work and sighed in relief 'ahhh perfection' as you submit that bugger to turnitin. When



# MANAGING PERFECTIONISM

we tell ourselves that the work has to be perfect, we push ourselves into stagnancy. No first draft is ever going to be amazing, but it is a lot harder to reach a standard with which you are content if you leave it until two hours before it is due.

## Hour of power

Get rid of all distractions and set a timer for 60 minutes. In that time, force yourself to write in relation to the assignment - just blurt onto the page. Chances are that when you actually allow yourself to write, your brain will get into it and you may actually get some good ideas or at least something that you can work with.

## Best/worst/real

Perfectionism goes hand in hand with catastrophising. Both are anxiety-inducing and not likely to be conducive to a good frame of mind suitable for pumping out some work. If you are being frozen by the need to be perfect or feeling that anything that you write will just be terrible, try this exercise: write out the best-case scenario, worst case scenario, and the scenario that is most realistic (likely quite neutral). For example, if the task at hand is a case note, your answer to this exercise may look something like:

- WORST CASE: do terribly, nothing that I write will make sense, I will fail
- BEST CASE: I get a HD and the marker loves it
- REALISTIC: I won't fail. I have read the case and know what it is about, so I will have to get some marks for that. I should at least pass and hopefully do much better!

So, whatever you are currently putting off, go now and spend an hour on it! Best case, you get on a roll. Worst case, you've started and you'll be better off for simply having done that!



# MANAGING REJECTION

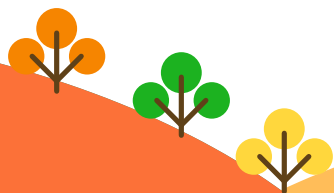
I feel a little hypocritical writing an article telling you that rejection sucks. Needless to say, we all know it does. I have exactly zero qualifications that allow me to lecture you on managing rejection. But just like my fellow law students, I can tell you that I'm no stranger to it. In fact, after volunteering to write this article I received three new rejection letters from three different law firms (yay me). Putting aside the absolute irony of the situation, I decided to make myself useful and vent productively to the masses. In true law student fashion, I've compiled a step-by-step process by which I deal with rejection.

## Step 1: Drama queen

First-year Rhea was so extra. If I got rejected from a legal opportunity I would cry at the drop of a hat (sorry parents). I couldn't help but compare myself to that kid with the fifty volunteering positions, a blindingly beautiful WAM and a healthy range of extra-curricular activities who – no doubt – outdid me. In my opinion, I was not this kid and wasted no time internalising this feeling of not being “good enough”. I've realised two things along the way: (1) this superstar kid doesn't exist; and (2) even if they did exist, I am my only competition. I believe there is an elitist mentality that fosters this competitive environment in law school. I hate it. I have some pretty amazing friends in law who are all fantastic and do equally fantastic things. My greatest strength was embracing that I was pretty awesome in my own way too. In saying that I do allow myself to feel the burn. I still get disappointed – because let's be real rejection sucks! I just don't put my entire self-worth on it anymore.

## Step 2: The truth hurts

I like to give myself a reality check whenever I start feeling too sorry for myself. Yeah, bummer I lost an opportunity. But overtime I have realised that



# MANAGING REJECTION

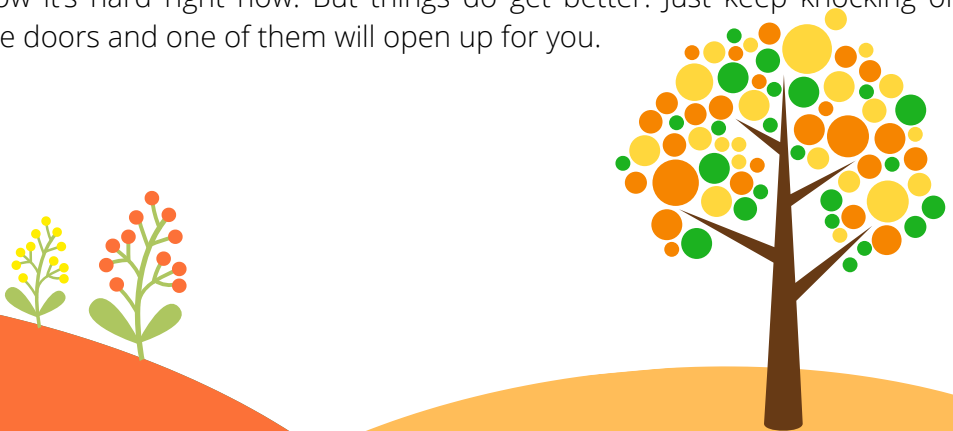
being grateful for the experiences that have already come my way helps me to grit my teeth and keep moving forwards. Admittedly, this skill started to develop around my 20th rejection letter. The opportunities that are meant for you tend to find you. I've found that feeling sorry for myself doesn't really get me very far in life. It's a matter of simply becoming more and more resilient. So I set myself a time cap to grieve the loss. Do what I need to do to feel better: cry, sulk, eat ice-cream, vent, exercise. Then I aim to keep it pushing.

## Step 3: Knock, knock

In fear of sounding like an overbearing parent I'll keep the "when one door closes" spiel short and sweet. The truth is nothing lasts forever. You will find your place in this industry. We all do. If you ask any of my friends they'll tell you that I have a real passion for Family Law. I spent the entirety of 2019 desperately seeking a volunteering opportunity within this field with little to no success. As the year progressed, I became more and more disheartened by my inability to attain any legal experience. However, towards the end of the year I learnt that someone had dropped out of their volunteering position at the Monash Family Law Clinic and I was very kindly offered a position. Obviously, I jumped at the opportunity and never looked back!

## The moral

I know it's hard right now. But things do get better. Just keep knocking on those doors and one of them will open up for you.



# ANXIETY

Have you ever sat in a tute understanding the content but refraining from entering discussion, fearing judgment from your peers? Have you signed up for the gym, keen to try lifting weights, but the second you enter you make a beeline for the treadmill where you spend the next hour admiring those who confidently stride into the weights section? Have you excitedly agreed to go out with a friend who wants you to meet their friends, but when you get there, you can't stop thinking about how everyone thinks you're boring, and that you aren't worth getting to know, so you sit there quietly nodding along the whole night?

I definitely have, and use these three strategies to nip those feelings in the bud before they spiral out of control and ruin a perfectly good day:

## **Rip off the band-aid**

When I'm faced with a situation that I can foresee being anxiety-inducing, I try to immediately act on it before I can dwell any longer. It's like putting your body on autopilot, do first and think later. Usually I don't feel embarrassed or ashamed after I make the first move.

## **Breathe**

Before or during an anxiety-inducing situation, I take a few minutes to focus on breathing. I like to breathe in for 4 counts and exhale for 4 counts, while focusing on being present and being aware of all my senses in that exact moment.



# ANXIETY

## Organise your brain

This is a long-term strategy. I find that when I take steps to be more organised and declutter my brain, I spend less time stressing and more time relaxing. I've found journaling to be incredible for brain-dumps and jotting down daily goals/reminders. I suck at it but when I can, I try to note down three things I'm grateful for every morning. This helps me embrace the fact that while my anxious feelings are inevitable, they are temporary compared to the things I'm grateful for.

Disclaimer: This post is aimed at providing my personal tips on dealing with anxiety, but is not in any way equivalent to medical/professional advice. Everyone feels crappy about themselves sometimes, but if your feelings are persistent, please get in touch with a mental health professional or utilise the available counselling services on campus.



# STRESS RELATED ILLNESS

## **\*Warning\* recipe for disaster \*warning\***

All Law students are faced with the harsh reality that Law School will endanger their mental health. What most students are not prepared for is the physical shock your body experiences when under high levels of stress. I have the unholy burden of introducing to you my recipe for disaster:

- 2 overflowing cups of content
- 1 sprinkle of social anxiety
- 3 drops of assignment deadlines (whoops there goes the whole bottle)
- 1 table spoon of keeping up appearances with friends
- 1 dash of boyfriend/girlfriend time (should you be so lucky)
- 1 tea spoon of family time
- 1 drizzle of alone time
- 1 pinch of exercise
- 5 cups of individual study
- ½ tea spoon of doubt regarding your degree
- A glaze of financial stress
- A garnish of expectation to succeed all the while

Combine in the pressure cooker of life and you're left with, well, not enough hours in the day to fulfill this recipe. Voilà! Delicious.

## **My experience**

I know nothing about baking. But I can't blame this fact for what resulted when I proceeded to attempt this recipe. I ended up with glandular fever, tonsillitis, recurring bladder infections, atypical pneumonia, a script for anti-depressants, anaemia, a full body resurrection of eczema rash (which I hadn't had since I was 10), and a whole lot of tears. Yikes, right?



# STRESS RELATED ILLNESS

## Your body and stress

Stress (more specifically, the stress hormone corticosteroid) suppresses the immune system and thus reduces your body's ability to fight off a bug. This is because corticosteroid lowers your number of white blood cells, which are the little warriors in your immune system which fight off illness.

In addition, medical research estimates as much as 90 percent of illness and disease is stress-linked. Stress has been proven to interfere with bodily processes. It most likely plays a part in causing headaches, heart problems, diabetes, skin conditions, asthma, depression, and anxiety. It can cause poor concentration, forgetfulness, indecisiveness, apathy, and hopelessness. Further, it increases the likelihood of behavioural issues such as insomnia, proneness to car accidents, increased drinking and smoking, gambling, and issues with maintaining a healthy weight. Woah. Scary.

## Advice

The moral of this story is to look after yourself. Your mental and physical health, because the two come hand in hand. I therefore recommend you take advice from the abundance of useful articles in this guide which promote an all 'round healthy lifestyle, and don't forget:

- Accept that you can only fit so much on your plate, and say 'no' – I had to resign from a great job in the legal field, but I haven't regretted that for a day since my health has improved.
- Spend time only with people you love, and who make you smile
- It's okay not to be okay – talk things through to find ways forward
- Get plenty of sleep
- Eat better
- Clear your mind through exercise
- Strive for that elusive balance
- Make time for YOU and be mindful of your wellbeing



# BUDGETING TIPS

Being a student is definitely not cheap. Here are three ways you can spend less and save more without having to compromise on the things you love!

## 1. Track your spending

Before cutting down on your expenditure, you need to understand where your money is going. Downloading budgeting apps is a great way to do this. If you are comfortable inputting your card details into apps (such as Expense Manager or Pocketbook), they can automatically organise your expenses into categories to give you detailed insight into what you're spending your money on. If you are a bit sceptical of such apps, then apps such as MoneyManager allow you to input your expenses manually.

## 2. Give yourself less to spend

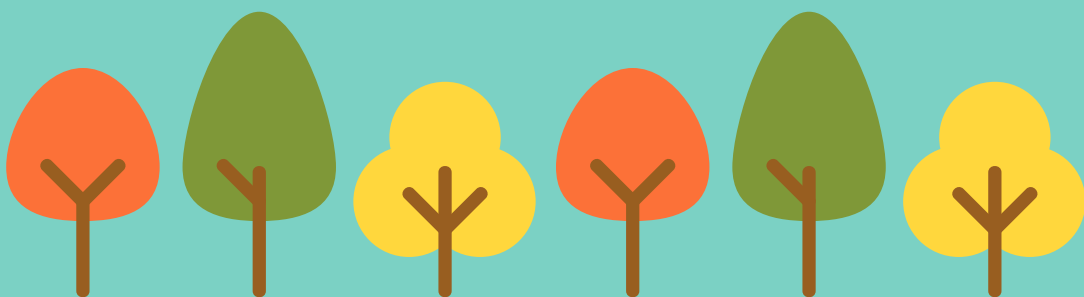
Once you have figured out where your money is going, you can decide where you want to cut down on your expenditure. For example, if you realise you spend WAY too much money on bubble tea, maybe limiting your bubble tea expenditure is a great way to start saving some bucks. This part requires some self-control, so try your best to limit the expenses you know you don't need!

## 3. Pack your lunch

An easy expensive trap to fall into as a student is to buy your lunch. Once I bought lunch at Uni for 3 weeks straight and easily spent over \$100, simply because I was too lazy to plan and pack lunches from home. Plan in advance. Try to pack your lunch the night before and take it with you in the morning to uni. While buying lunch is extremely convenient and requires less effort, your spending piles up without you even realising it. Becoming smarter about how you spend your money is key to financial success, so start small, evaluate your expenditure and cut out your bad habits!



# Being Involved



# PODCASTS

In November 2019, Forbes estimated that there were over 800,000 podcasts; an overwhelming catalogue of conversation upon conversation about society, sports, religion, current affairs, history and the like. We're here to take the guesswork out of picking the perfect podcast for you.

**More Perfect**, though wrapping up in 2018, is sharp, relatable and relevant. Dissecting decisions of the United States Supreme Court, More Perfect explores the delicate interplay between society, the law and the people behind the gavel.

**Gertie's Law** is an exceptional attempt by the Victorian Supreme Court to enter the modern age by demystifying court processes. Its contributors explore the stories and people that constitute one of our highest courts.

**Just Cases** by Monash University is just that: an exploration of cases and of decisions made in the law, and how they can impact everyday people.

**Serial** is often one's first foray into the podcasting world. Hosted by Sarah Koenig, and of international acclaim, Serial (Season One) investigates a murder, in a manner that is respectful, jaw-dropping, and leaves you demanding answers.

**What Happens Next** is hosted by Monash's very own Dr. Susan Carland, where she grapples with the most pressing items on the global agenda. Foraying into the world of slavery, the waste crisis and right-wing extremism, Carland is astute, cautionary and gripping.

**The Squiz** is "your shortcut to being informed." Published at 6am daily, you can wake up with the top news stories of the day.



# PODCASTS

**Hamish and Andy:** No other radio duo was, is, or ever will be more loved than Hamish and Andy back on Fox FM. Their hour-long podcasts bring listeners more of the same hilarity and stupidity, minus overplayed top-40 hits and National Tiles ads. What's not to love?

**My Dad Wrote a Porno:** That's the inconvenient truth for presenter Jamie Morton, whose father (as alter ego Rocky Flintstone) has written not 1, not 2, but 5 pieces of hilariously bad erotic fiction. Rather than letting these self-published books die in the Amazon black-hole as any self-respecting son might do, Jamie has enlisted the help of two friends to instead bring the novels to life with hilarious commentary.

**The Globalist by Monocle 24:** When I listen to this in public I sometimes look around to see whether I'm exuding an aura of worldliness and business nous. The feedback I get is that such qualities are not, in fact, visible. Nevertheless, I always feel much more worldly, cultured and commercially savvy when I listen to this podcast. The team from Monocle 24 discuss the main international news stories of the day in an intelligent, easy-to-follow programme, with deep-dives into pertinent topics.

**How I Built This with Guy Raz:** In this podcast, Guy Raz interviews entrepreneurs behind some of the biggest companies in the world today, including AirBnB, Instagram and Australian unicorn Canva. It will make you aspire to be the next Jeff Bezos.

**The Daily by the New York Times:** A 20-minute, easy-to-consume daily news podcast, which focusses in on a different current-affair each day. Powered by New York Times journalism, this podcast is guaranteed quality commentary.



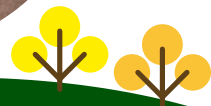
# THERAPY DOGS

Law school is tough, but it's a little less tough when you get to pet dogs.

Every week, two fluffy clouds light up the Law Library with their lovable and charming presence. Siblings Boof and Kaz are so fluffy you'll find yourself at some point saying "they're so fluffy, I'm gonna die". Frequently captured on Monash Stalkerspace by paparazzi (pupparazzi if you may) with Boof even having his own Facebook page (Boof Tr), Boof and Kaz are celebrities and adored amongst the Monash cohort.

With the utmost obedience, they'll allow you to pet them to your heart's content. So, when you catch them in between your classes, give them a cuddle and allow a little bit of your stress to ease away. Also make sure to have a chat to their awesome caretakers!

Petting dogs may not be the solution to all our uni related problems (eg. Starting a 30% assignment 2 days before it's due or being 20 lectures behind), or more importantly, our personal and mental wellbeing problems. But it sure does provide a bit of much-needed relief to the dips and turns law school brings.



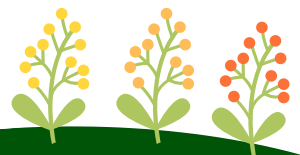
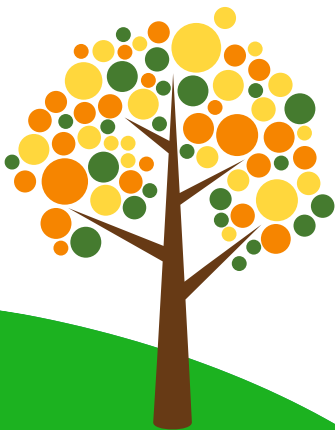
# VOLUNTEERING

Volunteering is something many university students will engage with throughout the course of their degrees. There are a myriad of opportunities that are run through Monash, such as joining a club committee or volunteering at an Open Day, or that can be sought out on your own.

As a law student, a great way to engage with the real-world application of law and extend your knowledge beyond the classroom is by volunteering at a community legal centre (CLC). Students have the opportunity to undertake client interviews, conduct legal research and draft legal advice. Some CLCs are specialised in certain areas of law, allowing students to experiment and dip their feet into specific areas they may be interested in.

Being a law student doesn't mean every extra-curricular you undertake must be law-related – in fact, doing so can be quite draining. Pursuing interests that don't have connection to the law can be a breath of fresh air, such as volunteering at an animal shelter or as a tutor, to name a few out of many examples. These sort of roles help you maintain a life outside law school, and also help add a little something unique to your CV!

Regardless of the role, volunteering is an amazing way to broaden your skillset, meet new people and take a well-deserved break from studying.



Monash Law Students' Society provides an extensive range of activities and events throughout the year, which can provide a perfect opportunity to take a break from studying, or to perfect your studying skills! While many of these events have already passed, take note for next year and get involved in as many as you can! From social outings to networking opportunities, there's an event for everyone.

## Education

- LSS Tutorials
- Exam Revision Seminars
- Exam Skills Seminar
- Street Law
- International Student Luncheons
- Plain Legal Writing Seminar
- Wellness Wednesday
- Health and Wellbeing Speakers

## Activities

- Law Ball
- Boat Cruise
- Trivia Night
- Pub Crawl
- In-Semester Barbeques
- Peer Mentor Program

## Social Justice and Equity

- JUST Leadership Program
- Social Justice and Equity Seminars
- Women's Events: Women in Law Breakfast, Networking Night
- Queer Events: Queer Keynote, Queer Mixer, Queer in the Law Panel
- Queer and Women's Mentoring Program

## Careers

- Student to Professional Night
- Clerkship 101 Seminar
- Beyond Commercial Careers Fair
- Expert Panel Series
- Monash LSS Networking Evening
- Clerkship Q & A
- In-House Seminar
- Criminal and Family Law Seminar
- Small & Boutique Firm Seminar
- Professional Mentoring
- Barrister Shadowing
- Journey to the Bar Seminar
- PLT Seminar

## Competitions

- Mooting
- Negotiations
- Client Interview
- Witness Examination
- Deals



# MENTAL HEALTH RESOURCES

## Beyond Blue

Provides information and support to help everyone in Australia achieve their best possible mental health.

Call: 1300 22 4636

Visit: [beyondblue.org.au](https://beyondblue.org.au)

## Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Call: 1800 650 890

Visit: [headspace.org.au](https://headspace.org.au)

## Lifeline

Provides all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Call: 13 11 14

Visit: [lifeline.org.au](https://lifeline.org.au)



