



UNIVERSITY OF TORONTO

FACULTY OF LAW

Faculty of Law 1L Wellness Action Commitments 2025

Read more books

Spend time with friends and connect with friends who live in another city

Visit a swimming pool

Exercise

Running more often

Drinking more water and less coffee

Spending less time on social media

Cooking and spending more time in the sun

Spend time with friends and family and try to enjoy the hot weather

Playing sports

Enjoying the outdoors!

Journaling

Making time to cook

Creating a consistent sleep schedule

Going for bike rides

Doing non-academic/legal reading

Walking and taking time away from my phone every day

Reading and socializing

Creating an evening routine

Go for daily walks

Do more reading for fun

Continuing to work out daily + writing in my gratitude journal

Cooking more and less takeout

Watch funny shows

Knitting/sewing

Going to the athletic center more

Incorporating daily stretch / yoga

Setting time aside to play music

Focus on traditional foods and healthy eating

Watching some terrible TV

Being more intentional in everyday tasks

Walking my dog

Eating breakfast

Make time for hobbies

Finding new running routes in Toronto

Napping

Limiting caffeine

Reducing my screen time

Volunteering with animals

Eating clean

Taking breaks for walks in Queens Park (across the street from the law school)

Going for walks regularly

Yoga and trying to stay off TikTok!

Journaling and making sure I stay in touch with friends

Get back to writing

Reading a chapter daily and doing stretches

Swimming!

Yoga and running!

Learning to play tennis!

Spend at least 1 hour a day outside

Journaling and reading !

Going to physical therapy

Staying active and seeing friends in social settings

Gardening!

Get out of my apartment more often, starting with the hardware store

Reading books on my new kobo

Be active every day

Go to the gym and see friends

Trying to spend more time on campus when studying and doing work so I get a chance to connect with my peers!

Working on running a 20 minute 5k!

Learn how to quilt and drink more water!

Eat healthy and spend time outside

Learning how to paint with water colours