

2021-2022

A LAW STUDENT'S MENTAL HEALTH HANDBOOK

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Dear Fellow Law Student,

We hope this finds you well, but we know some days it won't. Being in law school is tough. We face a ton of pressures daily - academically, socially, and professionally. Stress, anxiety, insomnia, and more can all choose law school as their time to shine (rude of them, isn't it?). It's normal to feel in over your head. We are right here with you.

We've included contacts for mental health emergencies on the next page - please use these if you need them. We've also included contacts for non-emergency support. These resources are free, law students are prioritized, you often don't have to give your health information, and it's worth the time to learn how to take care of yourself.

We also know that you might not feel comfortable using these services - that's okay too. That's why, with help from our Mental Health Group, we've compiled these resources for you. We want you to have tools at your fingertips for when days are tough, and we want to help you build good mental health habits to take with you even after law school is over.

Sadly, this Handbook is far from the be all and end all to mental wellness in law school. We'll keep adding to this as we find more tools, and we encourage you to do your own research to find what works for you. But we hope this guide helps you along the way to manage the stress you will face, and to take active steps towards mental wellness in a legal environment.

It's going to be okay.

With Love,

The Comms Squad (Frost, Devan, Lauren, Carlie, Selene, and Sandra)

Contacts: Counselling Services for Law Students

The Student Counselling Centre (SCC) on campus continues to operate to provide mental health support to students with all of its services being offered remotely by telephone or video (sadly, in-person services are not available at this time). The partnership between the SCC and Robson Hall Faculty of Law will continue as well, although counsellors will not be on site.

To access counselling support:

- Contact reception at 204-474-8592, Monday through Friday, 8:30am to 4:30pm;
- Identify yourself as a Law student;
- Select the best available option to meet your needs (e.g., initial intake session with a counsellor assigned to work with law students, a general intake/triage worker, workshop, or group).

If you are in need of urgent/immediate counselling support (e.g., you are at risk of harming yourself), please use one of the below crisis services:

- Mobile Crisis Service (204-940-1781)
- Klinik Crisis Line (204-786-8686)
- Manitoba Suicide Prevention and Support Line (1-877-435-7170)
- First Nations and Inuit Hope for Wellness Services (1-855-242-3310)
- A Woman's Place Domestic Violence Support Line (204-940-6624)
- Sexual Assault Crisis Line (1-888-292-7565)

Online Options:

- [AbilitiCBT](#) - An online cognitive behavioural therapy (CBT) program that can be accessed from any device (website and an app). This is free!
- [Help Next Door](#) - An online platform run by the provincial government that connects volunteers with vulnerable peoples, so they can get resources (i.e. groceries) to their door.



Things to Keep in Mind

While we love these tips, we are just law students. We are not professionals at mental health, routines, or life. If you need help that goes beyond our capabilities, please do contact a real expert! We also encourage you to remember the following points:

- What works for others might not work for you.
- What worked for you at one point might not be the best for you at a different point. Keep checking in on yourself and updating your systems.
- Try little changes to your routine for a time.
- Be patient with yourself. Routines take time to develop, and maybe a certain one will just need some adjustment to be easier.
- Keep all of this realistic for you and your lifestyle.

Healthy Habits

As you prepare yourself to work in the legal profession, it is important to develop healthy habits that will increase your productivity and serve you better in the long run. One easy way to keep habits is to develop simple routines, which are essentially stacked habits.

There are many habits we can develop to give ourselves the best chance against stress, anxiety, and the like. We hope some of the ones we include here help you, but we also encourage you to keep learning!

General Tips for Sanity

- You may want to set up an ongoing to-do list, with columns on “have to do ASAP”, “waiting for others”, and “little tasks for later”.
- Try calendar blocking - so you know how much time you have to complete a task.
- Use tech to your advantage: e-calendars, notifications, “rules” in Outlook that you can customize so you’re not dinging all the time.
- Be realistic with what you can do! We do not have Hermione's time turner.

The Body

Being physically healthy will help prepare you for the mental fight! Below are some tips for keeping yourself at an optimal place to combat the stressful times.

Sleep

The Public Health Agency of Canada (PHAC) recommends that adults get 7-9 hours of sleep per night.

As many as 1 in 4 adults (and probably 100% of lawyers) between the ages of 18 and 34 are not getting enough sleep.

Insufficient sleep can lead to chronic stress and poor mental health.

In sum, sleep is good for you. You're probably not getting enough. Go get some.

Sleep

Pro Tips from Fellow Insomniacs

- Write down thoughts or tomorrow's to-dos in a little journal (keep that journal next to your bed so you don't have to get up) to help an overactive mind relax.
- Tuck your phone into bed. Like a real, baby phone bed. The light from the phone keeps you up, and we understand it can be difficult to resist. A little phone bed (away from your bed) about an hour before you need to sleep will help you wind down.
- If you can't sleep, get up and open your Constitutional Law textbook. If reading that doesn't put you to sleep, we don't know what will!
- Your bed is for sleeping (no studying or working there!).
- Make a bedtime routine. It helps signal your brain that you are getting sleeeeeeepy. Take half an hour before bed to have a cup of tea, breathe, draw, listen to music, or do wind-down stretches.

Hygiene.

Sounds random, right?

Good hygiene can actually help you feel less, well, icky. Taking a shower can give you a bit of a reboot. Wearing actual clothes on occasion can help you feel more productive. Maybe go get a pedicure or manicure, or splurge for a massage. These little activities can help you feel self-loved, relaxed, and ready to take on the world.

Nutrition

As a law student, you may often find yourself pressed for time, under a lot of stress, and struggling to find a balance between academic obligations, social life, and nutrition. Research has shown that students are able to learn better when they're well nourished; meaning that eating healthy meals can result in higher grades, better memory and alertness, and faster information processing.

Here are some nutrition tips to help set yourself up for success.

Be sure to check the back of this Handbook for yummy recipes!

Nutrition Tip #1

Start the day with a nutritionally dense meal.

As the name suggests, breakfast breaks the overnight fasting period. A healthy breakfast replenishes your supply of glucose to boost your energy levels and alertness. So before you decide to skip breakfast in an attempt to save yourself some time before your morning classes, remember that a healthy breakfast can help your body and brain perform at its best.

Tip: Prep your breakfast overnight to save time in the morning. Throw some oats, spices, frozen/fresh fruit and some liquid (water, milk, or milk substitute) into a lidded jar and refrigerate overnight. In the morning, your oats will have soaked up the liquid and you'll have a delicious breakfast that you can eat on-the-go. Other additions/toppings can include chia seeds, hemp hearts, nuts, nut butter, honey, and Greek yogurt.


A clear plastic water bottle is tilted, pouring water into a glass. The water is captured mid-pour, creating a dynamic stream. The background is a soft, light-colored gradient.

Nutrition Tip #2

Drink Water.

Another great way to boost your energy is to drink lots of water throughout the day. About 75% of your brain is made up of water; meaning that staying hydrated helps you focus, concentrate better and be more alert. The amount of water a person should drink can vary depending on their age, activity level, and more. However, health experts commonly recommend eight 8-ounce glasses, which equals about 2 litres of water a day.

Tip: Invest in a good reusable water bottle to carry with you between classes for easy access. If you don't love the taste of water, try adding lemon, fruit (fresh or frozen), cucumber, or sprigs of mint to plain or sparkling water. Eating fruits and vegetables with high water content such as watermelon, strawberries, pineapple, oranges, bell peppers, broccoli, and celery can also help to boost your hydration levels.

A close-up shot of a glass filled with water, showing bubbles and reflections. The glass is centered at the bottom of the page.

Nutrition Tip #3

Minimize Caffeine.

Caffeine tends to be a staple in the average law student's diet. Caffeine can improve focus, help with studying, and increase retention. However, heavy caffeine users (more than six drinks per day) are prone to anxiety, irritability and reduced performance.

While it would be unreasonable for some of us to attempt to cut caffeine out of our diets completely, the key to safe caffeine consumption is moderation. For healthy adults, the FDA has cited 400 milligrams a day—that's about four or five cups of coffee—as an amount not generally associated with dangerous, negative effects.

Tip: Try to avoid energy drinks as an energy source, as regular intake of these can result in restlessness, increased heartbeat and insomnia. Instead of reaching for a Red Bull or your 6th cup of coffee, try an energy-boosting substitute with lower caffeine such as matcha tea, yerba mate, a turmeric latte, a protein-dense smoothie, or a simple glass of water.

Nutrition Tip #4

Practice mindfulness during meals.

Slowing down is one of the best ways we can get our mind and body to communicate what we really need for nutrition. This can also be a challenge for busy students who may not have the luxury of time on their side. But eating mindlessly, and as a result, eating more than your body can digest at one time can have a counter-effect on your energy levels and actually drain you of energy. Therefore, practicing mindful eating can save you time and energy as you tackle tasks throughout the day.

Tip: Simple ways to slow down might include sitting down to eat, eating with others to enjoy the food and conversation, or avoiding multi-tasking during meals.

Nutrition Tip #5

Eat throughout the day.

Eating regularly throughout the day allows you to get the right amount of nutrients to keep you healthy, fight off sickness, increase your energy levels, and regulate hormones to avoid drastic mood swings. Eating throughout the day will also help you to maintain a healthy diet; studies show that regular meals contributed to lower consumption of sugary drinks and fast foods and increased consumption of fruits and vegetables.

Tip: Having pre-made healthy snacks gives you the ability to grab something quickly if you're in a rush. Snacks are great things to have for study breaks. Some examples include vegetables and hummus, fruits and nuts, Greek yogurt with granola, an apple, or a nutrient dense energy bar such as Larabars or RX bars.



Physical Activity

Students who have no time, trying to squeeze in time to go to the gym? Don't they understand we need to catch up on reading all the books??

Note: These tips are not for exercise gurus. We are not that. If you're an exercise guru, you already got this and can skip to the next tip bundle (or you can read this for your lazy days). Enjoy the cat.

Physical Activity:

(The Absolute Bare Bones Version)

Even just adding a little bit of movement to our routines can be helpful. The below tips are for those who have no time, who prefer to sleep, or who just can't seem to get excited for the treadmill.

5 in 5 Minutes

1) Walk outside for fresh air (if its super cold, stand outside for a few minutes).

2) Lay down on a yoga mat for 5 minutes and breath (try not to fall asleep! Or do, whatever helps!)

3) Some quick stretches to help you start the day (you can also do this before bed for a better sleep!)

4) Put on some music and dance!

5) Combine those last two - stretch to one song in the morning.

Great for tiny breaks

Balance on one foot.

Stretch your legs.

Touch your toes, or try to touch your toes!

Cat



Cow



Child's Pose



Down Dog



Ragdoll



Twist



The Stretches

Physical Activity:

(The PHAC Version)

If you have time for more than the absolute basic tips suggested above, check out the PHAC's recommendations below.

- PHAC recommends that adults be active for at least 150 minutes per week (2.5 hours!).
- Ideally, you want moderate to vigorous aerobic exercise in sessions of at least 10 minutes.
 - Examples of moderate exercises: brisk walk, skating, bike riding
 - Examples of vigorous aerobic exercises: running/jogging, swimming laps, playing basketball/soccer
- You can also try exercises that strengthen muscles and bones at least 2 days per week.
 - Examples of muscle strengthening activities: weight-lifting, climbing stairs, body weight strength training (push-ups, sit-ups, etc.)
 - Examples of bone-strengthening activities: running, walking, yoga

Okay, pause.

Coffee Break.



Okay, continue.

The Mind

Ah, the mind. Our strongest ally and sometimes greatest enemy. Fear not - we have some ideas for you to master our occasionally uncooperative friend.



Mindfulness is “a way of being”. It involves being present and focusing on what you are doing, thinking, and feeling in the moment. Take each thought, feeling, sensation and experience as it comes, and more importantly, without judgment. Rather than allowing yourself to spiral or ruminate on something that comes up, simply acknowledge it and shift your focus back to the present.

Mindfulness

What are the Benefits?

1. Improved mental and emotional well-being and quality of life.
2. Reduced stress, anxiety, depression, and substance use.
3. Improved sleep.
4. Improved attention, concentration, and focus*.

*Professor Telfer spoke about his students at Western University, reporting that they were able to read cases for class quicker because they were able to focus entirely on that task and ignore distractions.

How to Practice Mindfulness

Mindfulness can be practised anywhere and for any length of time. Consistency matters far more than the amount of time you spend practising mindfulness (it can be hard to build up this habit, so forgive yourself if you miss a day, or even several). You can practice during daily activities like eating a meal or taking a walk, or you could carve out a set time to practice.

The easiest way to practice mindfulness is to sit still and focus on your breath. We all know how to breathe, but sometimes we take it for granted when we get caught up in our studies. You can keep it as simple as natural breathing, or you can try a variety of different techniques! For example, start by placing your feet flat on the floor. Then sit up tall, rest your hands comfortably in your lap, relax your shoulders, close your eyes, and breathe. A guided mindfulness session can also help you stay in the present while giving you helpful cues to get the most out of the experience.

Sounds hard? Don't worry, we have resources.

Mobile apps like **Headspace** (free for 7-14 days before needing a subscription), **Calm** (free access to a small portion of their catalogue, or access to everything for an annual fee), and **Insight Timer** (completely free!) are convenient because they're right there on your phone. The **Fitbit** app has some fantastic sessions, although the majority can only be accessed if you have a premium account. There are also thousands of guided mindfulness meditation videos on YouTube (the "Daily Calm" ones from the Calm app's channel are quite good!).

Free live mindfulness meditation sessions:

1. Tuesdays from 7:00 - 7:30 PM held by ADAM (Anxiety Disorders Association of Manitoba).
2. Wednesdays from 12:30 - 1:30 PM held by the U of M Student Counselling Centre ("Mid-Day Mindfulness" workshop with Tim Osachuk).
3. Fridays from 1:30 to 3:30 PM, 6 sessions between March 4 - April 8, 2022, held by the U of M Student Counselling Centre ("Mindful De-Stressing Group" with Tim Osachuk).

To register for the ADAM sessions, contact adam@adam.mb.ca or call 204-925-0060.

To register for the SCC workshop and/or group, contact reception at 204-474-8592 to receive a link to the session.

Affirmations

1. I am not a means to an end.
2. I am worthy of love, flaws and all.
3. My goal is progress, not perfection.
4. I am enough.
5. I respect my limitations.
6. I am grateful for my capabilities.

Emotions

We all have them, they can be great, they sometimes stink.



You do NOT need to do it all.

We tend to take on more extracurriculars than our sanity can manage;, which can leave us...emotional. Overwhelmed, running in circles, crying on the floor...

Remember to leave time for yourself. There are 101 things you *could* do this term. You don't *have* to do all of them. We may be law students, but we're definitely still human (mostly). We have our limits, and it's important to cut yourself some slack. You're already in law school. You're basically a rock star.

Breeeeeeeeaaaathe.

In a world where social connections are physically difficult, we need to create space to engage with people.

Call/message people who you would like to chat with, and who you think would like to chat (you'd be surprised how many people are interested!)

Talk about things that make you happy - your retirement. Flowers. Types of airplanes. Whatever suits your fancy.

Try group movie times or online games, or really any activity where you can do things with people virtually

Have friends in and out of law! It helps us remember that there is a world beyond law, but also that law people can be...nice?

Attending to Emotional Needs: Practical Tips

- Say no before you need to.
- Take downtime (binge-watch Netflix for a few hours, play games, go for coffee by yourself, etc.).
- Schedule time for self-reflection.
- Take care of your spiritual health, whatever that means for you.
- Look at your self-care goals. What are you doing to maintain good overall health? Where are some areas you might improve?
- Have a list of things that help you BEFORE you get stressed, so you don't have to figure it out when you're actually overwhelmed; and then get stressed about trying to find something that works for you.

And last but not least...

Cry if you want to.


Seriously.

The law school experience is filled with all sorts of pressure and anxiety. One of the most pervasive (and crippling) is the anxiety that emerges around paper due dates and exams. Trust us, we've been there! The stress related to completing your paper on time, making sense of a class outline, and the fear about getting a low grade, can take a serious mental toll. Here are some of the tips that have helped us make it through the worst two weeks of the semester.

The Dreaded Exam Period



Tackling Exam Anxiety

- Give yourself permission to not study everything; get the most with the time you have.
 - Be open with a trusted law school friend. Commiserating can help you feel less alone.
 - Start your exam prep early - hard to do in practice, but it's always worth it.
 - Go for a quick walk or drive (even if it's just to grab another coffee)!
 - Ignore what other people say about their exam prep - focus on what your plan.
 - Spoiler: almost every law student has at least one bad grade on their transcript. If you get one, don't beat yourself up about it.
- 

Anxiety in the Moment

We know we can't always stop ourselves from tremendous stress times. Part of planning ahead is knowing what we're going to do when those intense feelings hit. The next section gives you some exercises that might help you with that - try them out now so you remember and can use them later, when you really need them!

Grounding is a practice that is used to ease anxiety and distress, which do occur during an individual's legal studies. To calm anxiety, grounding occurs when you identify objects or things around you to help your brain recognize where you really are, and that you are present in that moment. Ultimately, this helps introduce a sense of comfort because you know where you are, and that you are present and in control of the situation.

Grounding Exercises

Physical

Use your 5 senses to become aware of your surroundings and be present in that moment, taking your mind off what is causing your anxiety.

Pick up a stress ball.

Touch your desk.

Take a walk.

Mental

Use distractions to redirect your thoughts.

Describe what is around you to yourself. Think and convey exactly what is around you and how it is affecting you.

Count backwards. Maybe in another language. Maybe skipping every other number.

Grounding Exercises

Soothing

Soothing techniques revolve around comfort; they can help dissipate overwhelming feelings and bring positive mood and mindset.

Visualize your favourite place, using all 5 senses to describe that place and how it feels when you are there. What do you see, hear, smell and feel when you are there?

Recall the last time you were at your favourite place, and repeat this process. Who was there with you, what did you do there, and how did it make you feel?

"54321"

"As you become focused on your senses, your mind will shift focus. This brings your heart rate down, slows your breath to calm you, and grounds you in the present moment. The goal is to take your mind off of negative feelings and allow you to re-center.

What are 5 things you can see?

What are 4 things you can feel?

What are 3 things you can hear?

What are 2 things you can smell?

What is 1 thing you can taste?

Learn More

Resources for Mental Wellness

- [Canadian Bar Association Wellness Subcommittee](#)
- [*It Burned Me All Down* by Erin Durant](#)
- [Capitalizing on Healthy Lawyers: The Business Case for Law Firms to Promote and Prioritize Lawyer Well-Being](#), by Jarrod F. Reich
- [Report on Survey of Lawyers on Wellness Issues](#)
- [Promoting and protecting mental health in the legal profession](#)
- [Mindfulness CMHA Brochure](#)
- [Mindfulness Exercise](#)
- [Breathing Exercises](#)

Resources on Mental Illness

- [OCD and Anxiety Disorders \(incl Panic Attacks\): Crash Course Psychology #29](#)
- [Depressive and Bipolar Disorders: Crash Course Psychology #30](#)
- [What Causes Panic Attacks, and how can you Prevent them?: TED-Ed](#)
- [COVID-19 and Mental Health](#) by StatCan
- [Emotional Impact of the Pandemic](#) by CMHA and UBC
- [Elevated Incidence of Mental Illness in the Legal Profession](#) by Darena Muça

Other

- [Weekly Mindful Meditation with ADAM](#)
 - [UofM Group Counselling](#)
 - [Tips to Get Active](#)
 - [Best Brain Foods](#)
- 

Learn More

Resources for Healthy Eating

Canada's Food Guide

Canada's Food Guide helps you to plan a healthy eating pattern that provides your daily requirements for vitamins, minerals, and other nutrients. The two central messages in the updated 2019 version of the Food Guide are to consume a diet that consists mainly of plant-based foods (e.g., fruit, vegetables, whole grains, nuts, seeds, beans, lentils, soy). Canada's Food Guide also provides healthy recipes and tips that can help serve as inspiration for our personalized diet.

Cookbooks

- *College Cookbook: Healthy, Budget-Friendly Recipes for Every Student* by Tiffany Shelton
- *The College Vegan Cookbook: 145 Affordable, Healthy & Delicious Plant-Based Recipes* by Heather Nicholds
- *Prep: The Essential College Cookbook* by Katie Sullivan Morford
- *Solo* by Signe Johansen
- *The Hungry Healthy Student Cookbook* by Spruce

Youtube

A great free and accessible resource to take advantage of is Youtube. Watching other people cook is not only entertaining, but can be very informative if you find knowledgeable content creators. Here are some channels to check out when you're in need of some recipe ideas or tips for healthy eating habits.

- **Deliciously Ella:** For creative, tasty plant based recipes
- **HealthNut Nutrition:** For quick and easy meal prep
- **Mind Over Munch:** For a wide variety of recipes and discourse about physical and mental health
- **The Protein Chef:** For high-protein, energy boosting meal ideas
- **Kim Rose Dietitian:** For an inclusive approach to make nutrition easy and attainable

Recipes

Quick and Easy Breakfasts

Protein Smoothie Variations

Smoothies are a quick and easy breakfast option that are easy to consume when you're on-the-go. They are a great way to add more nutrients to your diet. Add a protein powder of your choice to a smoothie to increase your energy and keep you satiated longer. There are countless variations you can create depending on your personal preferences, here are a few recipes to try out!

Vanilla Blueberry Protein Smoothie	PB Chocolate Smoothie	Protein and Greens Smoothie	Strawberry Banana Smoothie
1 cup unsweetened almond milk (or milk of choice)	1 cup unsweetened almond milk (or milk of choice)	1 cup unsweetened almond milk (or milk of choice)	1 cup unsweetened almond milk (or milk of choice)
1 scoop vanilla protein powder	1 scoop chocolate protein powder	1 scoop vanilla protein powder	1 scoop vanilla protein powder
3/4 cup frozen blueberries	1 tbsp peanut butter or other nut butter	1 cup spinach (put in blender first)	1/2 banana
1 tsp vanilla extract	1 frozen banana	1 cup frozen mango chunks	3/4 cup frozen strawberries
1 tsp chia seeds	1/4 tsp cinnamon	1 tsp vanilla extract	1/2 cup greek yogurt
3-4 ice cubes (for a thicker consistency)	3-4 ice cubes (for a thicker consistency)	3-4 ice cubes (for a thicker consistency)	3-4 ice cubes (for a thicker consistency)

Instructions:

1. Once you have all of your ingredients in a kitchen blender, simply blend and enjoy!
2. If the consistency is too thick, slowly add more milk or water until you get your desired consistency.

Optional: Some nutritional additions to try: chia seeds, hemp seeds, oats, nut butter, spinach/kale, avocado, honey, ginger, cacao powder, cinnamon, Greek yogurt.

Overnight Oats

Ingredients

- 1/2 cup oats
- 1/2 cup milk of choice (or water)
- 1/4 cup Greek yogurt
- 1 tbsp chia seeds
- 1 tbsp sweetener (honey or maple syrup)
- 1/4 tsp vanilla extract
- Optional: frozen or fresh fruit, cinnamon, nut butter, mashed banana



Instructions

1. Place all ingredients into a large glass container or jar, and mix until combined.
2. Cover the container with a lid or plastic wrap. Place in the fridge for at least two hours or overnight.
3. Uncover and enjoy! Thin with a little more milk or water, if desired.
4. Toppings such as nuts, dried/fresh/frozen fruit, nut butter, shredded coconut, honey/maple syrup, granola, etc. can be added in the morning.

Avocado and Eggs on Toast

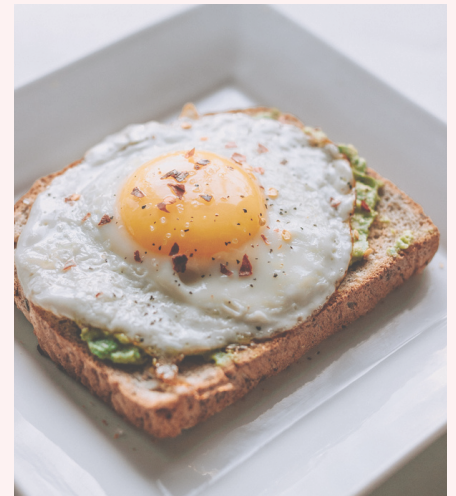
A classic, savoury option is avocado and eggs on toast. Some things are popular for a reason, and if you're looking for a delicious, protein-rich, aesthetically pleasing breakfast, this one's for you.

Ingredients

- 1-2 slices bread of choice
- 1/4-1/2 avocado
- 1-2 eggs
- Sea salt and freshly ground pepper to taste

Instructions

1. Mash the avocado in a small bowl and season with salt and pepper (optional: add garlic powder)
2. Heat a small nonstick skillet over low heat, add oil and gently crack the egg(s) into the skillet. Cover and cook to your liking.
3. Place mashed avocado over toast, top with egg, and add salt and pepper and hot sauce if desired!
4. Optional additions: smoked salmon, sliced tomato, turkey bacon, spinach, basil



Recipes

On-the-Go Lunches

Salad in a Jar

Quick to prepare and easy to customize to your preferences, this is a great lunch option for busy students! Experiment with different dressings, proteins, vegetables, grains, nuts/seeds, and greens to find what works best for you.



Ingredients:

- 1/2 cup canned, rinsed chickpeas
- 1/4 cup chopped cucumbers
- 1/4 cup tomatoes
- 1/2 cup cooked quinoa
- 1/4 cup chopped fresh parsley, basil, or cilantro
- 1-2 cups arugula, spinach, or romaine lettuce

Dressing:

- 1 tbsp olive oil
- Juice of 1/2 a lemon
- 1/2 tsp dijon mustard
- 1/2 tsp maple syrup or honey
- 1/4 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Begin with the dressing. Whisk all the ingredients in a small bowl. Taste and adjust seasoning if desired.
2. Put the dressing into a mason jar. Then add the remaining ingredients to the mason jar in the order listed. Seal with a lid and store in the refrigerator until ready to eat.
3. When serving, you can shake up the ingredients in the mason jar or pour your salad into a bowl and stir around to help get the dressing evenly distributed, and enjoy!

Pasta Salad for One

Ingredients:

- 1/2 cup uncooked pasta (or one cup cooked pasta)
- 1/3 cup chopped red bell pepper
- 1/4 cup cucumber
- 1/4 cup tomato
- 6-8 pitted black olives
- Protein of choice (chicken, tofu, chickpeas, salami)
- 2 tbsp crumbled feta cheese or mozzarella
- Fresh parsley or basil

Dressing:

- 1 tbsp olive oil
- 1 tsp red wine or white vinegar
- Salt and pepper to taste
- Dried oregano to taste

Instructions:

1. Cook pasta according to package directions. Rinse under cold water, drain and set aside.
2. Combine all ingredients in a medium sized bowl. Toss well.
3. Refrigerate until cool and enjoy!

This recipe can be made in larger batches and stored in an airtight container in the fridge for 4-5 days. It's a great option to make ahead of time for an easy, delicious lunch or dinner!

Creamy Hummus and Smoked Turkey Sandwich

Ingredient

- 2 tbsp hummus
- 1 whole wheat bagel, toasted
- Small handful spinach
- 2 slices tomato
- 3-4 slices smoked turkey (for a vegetarian option, try Yves or Lightlife plant based turkey or tempeh)
- 3-4 slices cucumber

Instructions

- Spread the hummus on the bottom half of the bagel, then top with spinach, tomato, turkey, cucumbers, and the other half of the bagel.
- Wrap the sandwich in a paper towel then aluminum foil to keep fresh.
- Easy to take with you to school or work, and enjoy!



