

Chair Massages for Mental Health Day at New England Law | Boston

New England Law | Boston (“NESL”) was granted \$150 for the use of chair massages for Mental Health Day, which was October 10, 2018. I found the idea to do this on the ABA website, where it was listed as a suggestion for an event for Mental Health Day at law schools. I conducted a survey asking students if they would be interested in this type of event, and over thirty people stated they would be interested in participating. The budget for student groups this year is very limited, and after getting quotes from chair massage companies, I knew that it would be unlikely for my budget to be fully approved as this has never been done at my school before. Thereafter, I sought a grant from the ABA for half of the cost, and it was fortunately approved.

I chose Incorporate Massage as the company to administer chair massages, because they are very well-established and offered a good deal. They offered ten minute massages by a massage therapist for three hours. The company sent me a booking form for individual students to sign up for a ten-minute block. Since this was a time permitting event, only eighteen students were able to sign up and participate but I planned other events for Mental Health Day that more students were able to participate in. Nonetheless, this was a very desired and sought-after event, multiple people contacted me about getting a chair massage, but I simply booked the time slots on a “first come, first serve” basis and made sure the people who did sign up knew that if they were unable to come they had to let me know in advance so I could allow others to sign up. There were no empty time slots, and if and when this event is done in the future I would suggest having it be longer or with more than one massage therapist so more people can participate.

The event was held in the Trustees Room in our library. This room was ideal for the event, because it has a separator to make the room into two separate parts, which I thought was a good idea so students could get a massage in a more secluded and quiet area. I pulled the separator half-way to partially split the room and put a table on the side where me and the students waiting to get a massage could sit and wait. Because I wanted to respect the privacy of people getting massages and maintain a stress-free environment, I did not take pictures of people getting a chair massage.

Everyone that was able to get a massage though was incredibly pleased and very happy that we were able to do this. Multiple students told they overall thoroughly enjoyed themselves at Mental Health Day, and this event is definitely something that I am seeking to hold again either this semester or next. I plan on doing a fundraiser to get

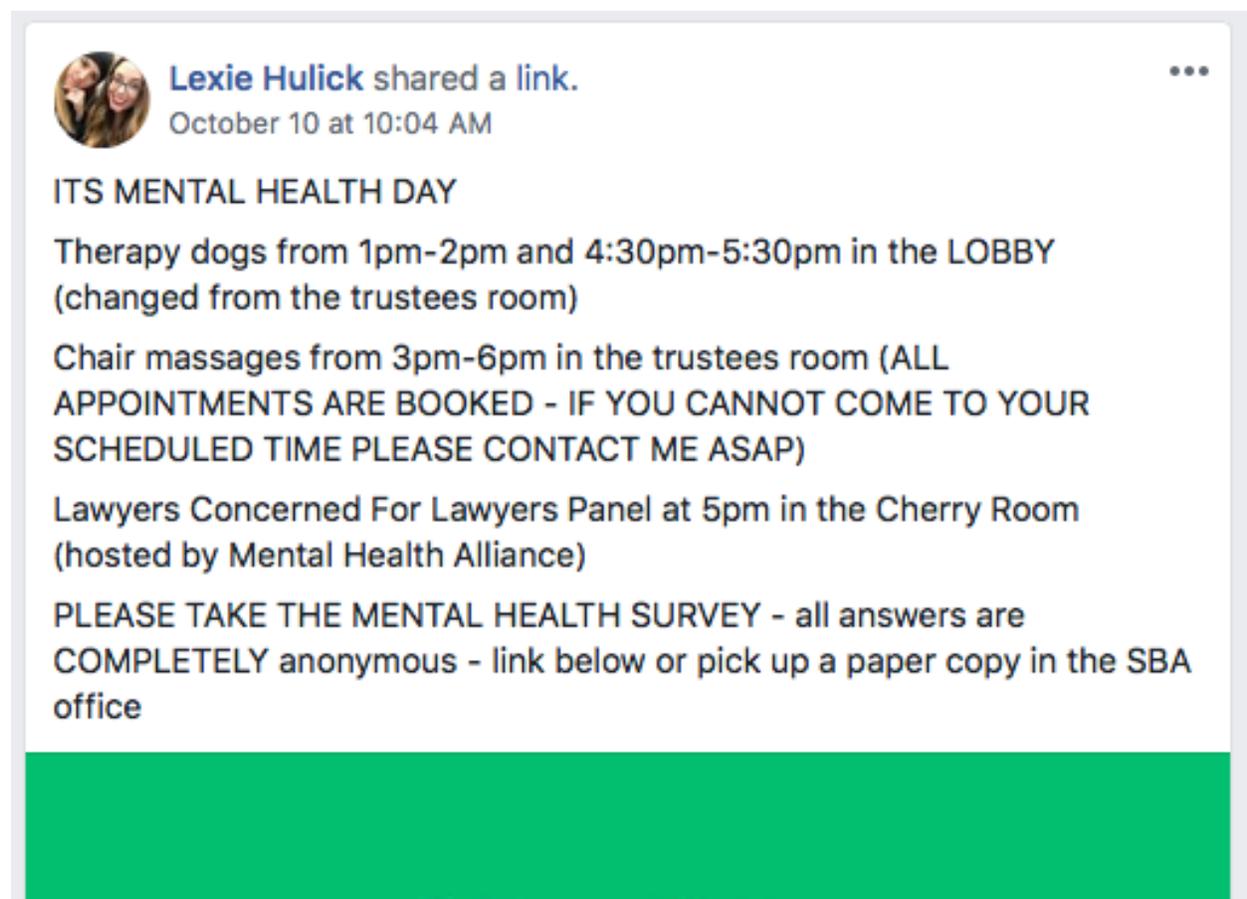
more money for the event this time so that more students are able to attend. I will have to seek out other ways to raise funds and speak to more companies to see how willing they will be to subsidize the cost.

The total cost of the event was \$285. I have attached a scanned copy of the email I received as the official receipt. In addition to the screenshot of the announcement below that ran in our school's SBA Weekly Announcements during the week of Mental Health Day, I have attached the Facebook posts that I posted on the SBA's Facebook group as well.

Chair Massages
Trustees Room
3pm - 6pm

A massage therapist from Incorporate Massage will be giving 8 to 10 minute massages! Stop by any time to get one. Check out the video in the link below to see what to expect:
<https://www.incorporatemasage.com>

Samples of essential oil rollers that help with stress, anxiety, and focus will also be passed out (while supplies last) thanks to a local wellness advocacy business who donated them to us!



A screenshot of a Facebook post. At the top left is a circular profile picture of two women. To the right of the picture, the text reads "Lexie Hulick shared a link." followed by "October 10 at 10:04 AM". In the top right corner of the post area, there are three dots. The main body of the post contains the following text: "ITS MENTAL HEALTH DAY", "Therapy dogs from 1pm-2pm and 4:30pm-5:30pm in the LOBBY (changed from the trustees room)", "Chair massages from 3pm-6pm in the trustees room (ALL APPOINTMENTS ARE BOOKED - IF YOU CANNOT COME TO YOUR SCHEDULED TIME PLEASE CONTACT ME ASAP)", "Lawyers Concerned For Lawyers Panel at 5pm in the Cherry Room (hosted by Mental Health Alliance)", and "PLEASE TAKE THE MENTAL HEALTH SURVEY - all answers are COMPLETELY anonymous - link below or pick up a paper copy in the SBA office". The bottom of the screenshot shows a solid green bar.

ITS MENTAL HEALTH DAY

Therapy dogs from 1pm-2pm and 4:30pm-5:30pm in the LOBBY (changed from the trustees room)

Chair massages from 3pm-6pm in the trustees room (ALL APPOINTMENTS ARE BOOKED - IF YOU CANNOT COME TO YOUR SCHEDULED TIME PLEASE CONTACT ME ASAP)

Lawyers Concerned For Lawyers Panel at 5pm in the Cherry Room (hosted by Mental Health Alliance)

PLEASE TAKE THE MENTAL HEALTH SURVEY - all answers are COMPLETELY anonymous - link below or pick up a paper copy in the SBA office



Lexie Hulick

October 8 at 1:15 PM

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ABA MENTAL HEALTH DAY IS THIS WEDNESDAY, OCTOBER 10!

Therapy Dogs in the Trustees Room

1pm - 2pm (Pemi)

4:30pm - 5:30pm (Chester)

Stop by and pet a cute dog!

Chair Massages in the Trustees Room

3pm - 6pm and samples of essential oil rollers that help with anxiety will be passed out while supplies last

Lawyers Concerned For Lawyers Panel

5pm in the Cherry Room

The Mental Health Alliance will be hosting a panel about stress in law school. Contact Idalis Vento at Idalis.M.Vento@nesl.edu for questions.

MENTAL HEALTH SURVEY

Until Sunday, October 14, I will be conducting a school-wide mental health survey and then releasing the results.

This survey is **VOLUNTARY** and completely **ANONYMOUS**. You are never asked to provide any information that could identify you, and there is no way to know who did or did not take the survey. Every question provides the option to not be answered. It is only ten questions.

You can pick up a paper copy of the survey in the SBA office, and I will also be coming by some of the classrooms to pass out the survey as well. All paper copies can be dropped off in the SBA Office or given to me (Lexie).

Thank you to everyone who has taken the survey so far and thank you to [Meghan Huber](#) for helping me edit the survey before it was finalized!

Link to the survey:

<https://www.surveymonkey.com/r/S52JV6Z>

Any questions or concerns? Email me at Alexandra.R.Hulick@nesl.edu

Rowan Smith, Kyle A. Porro and 8 others



Lexie Hulick shared a link.



October 8 at 5:31 PM

Hi everyone! For the chair massages on Wednesday, you can sign up for a specific time slot here:

<https://book.incorporatemassage.com/index.html...>

Unless all the time slots happen to get booked, you will still be able to walk in and get a massage if the time is open.

I have been going back and forth about keeping it on a walk in basis, but considering the event is three hours long I thought that it would be best to let people book an appointment so you aren't waiting around. Let me know if you have questions!

BOOK.INCORPORATEMESSAGE.COM

Incorporate Massage Booking System