

Peace of Mind (Drop-In Workshop)

Learn how to reduce stress more effectively, and work toward reaching your optimal potential at UCSD and in life. This workshop is offered Tuesdays, and there is no sign-up necessary. You can attend one, some, or all sessions.

Spring 2015: Highlights of Each Session:

4/07/15: Learn skills to reduce suffering & increase happiness

4/14/15: Help to decrease arousal and increase attention

4/21/15: Develop effective communication skills

4/28/15: Learn how to ask for what you want and saying “no”

5/05/15: Discuss the importance of emotions

5/12/15: Build strategies to help let go of emotional suffering

5/19/15: Work towards accepting reality and decreasing distress

5/26/15: Learn the benefits of self-soothing when distressed

Date: Tuesdays

Time: 3:00 pm - 4:30 pm

Location: Galbraith Hall, Rm 190 (Serenity Rm)

Please direct questions to:

Pilar Meany, Psy.D.(CAPS)

(858) 534-5905, (pmeany@ucsd.edu)

This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858 534-3755 to arrange an appointment.



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