Peace of Mind Group
(Drop-In: offered every wk)

Learn how to reduce stress more effectively, and reach your optimal potential at UCSD and in life. This group is offered Tuesdays starting on 1/27/15, and there is no sign-up necessary. You can attend one, some, or all sessions.

**Winter 2015: Topic Schedule:**

1/27/15: Mindfulness I: Wise Mind
2/3/15:  Mindfulness II: Non-judgmental Stance
2/10/15: Interpersonal Effectiveness III: Negotiating Conflicts
2/17/15: Interpersonal Effectiveness IV: Objective Effectiveness
2/24/15: Emotion Regulation V: Biopsychosocial Theory of Emotion
3/3/15:  Emotion Regulation VI: Increase Positive Emotions
3/10/15: Distress Tolerance VII: Accepting Reality
3/17/15: Distress Tolerance & Finals Tips VIII: Self-Soothe

**Date:** Every Tuesday
**Time:** 3:00 pm - 4:30 pm
**Location:** Galbraith Hall: The Inspiration Rm

*Please direct questions to:*
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