

Want to gain skills to increase well-being today? CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. You do not need to make an appointment—simply show up and enjoy! These educational workshops are not professional counseling or psychotherapy. These DDWs also qualify for *Wellbeing Leadership Award* through The Zone. If you have any questions, please call [858-534-3755](tel:858-534-3755) or visit our website at [caps.ucsd.edu](http://caps.ucsd.edu) for more information.

See you there!

## Monday

### Peace of Mind

3:00-4:00pm, Weeks 2-7 and 9-10  
with *Dr. Pooja Amatya*  
@ CAPS Central Office,  
Galbraith 190



Emotions make our lives rich and colorful, but do you wish to learn how to navigate them better? In the Peace of Mind workshops, you will learn how to cultivate mindfulness and decrease stress, manage your emotions, increase interpersonal skillfulness, and identify what is really important to your life.

## Tuesday

### Flourish @ UC San Diego

3:00-4:00pm, Weeks 4-9  
with *Dr. Sheva Assar*  
@ CAPS Central Office,  
Galbraith 190



Want to find ways to belong, be you, and be well at UC San Diego? Dr. Sheva Assar and a Wellness Peer Educator provide informative and interactive exercises to help you flourish! Topics will include: managing stress, building social confidence, mindfulness, and self-compassion.

## Wednesday

### Train Your Brain: De-Stress with Biofeedback

2:30-3:30pm, Weeks 2-10  
CAPS Wellness Peer Educators,  
Supervised by *Dr. Patrick Savaiano*  
@ The Zone



Learn how to incorporate state of the art technology for stress management. Come to the Zone for a free one-on-one Biofeedback demonstration with one of the CAPS Wellness Peer Educators! Learn about biofeedback, deep breathing, and progressive muscle relaxation techniques that all help to reduce stress. Check out The Zone calendar for info on this and other free wellness programs!

### Mindfulness for Daily Living

3:00-4:30pm, Weeks  
2-10 with *Dr. Elise Curry*  
@ Murray's Place,  
Student Health Services



Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Dr. Elise Curry has maintained a daily meditation practice for 18 years and attended professional training programs for mindfulness.

## Thursday

### Move Your Body, Tone Your Mood

3:00-4:00pm, Weeks 2-4 and 6-10  
with *Dr. Dianna Quach*  
@ Murray's Place,  
Student Health Services



Interested in a moving meditation? Join us in learning postures to help reduce stress and anxiety, and improve your mood. This practice will lead you to a sense of peace and general well-being. Dr. Dianna Quach is clinical psychologist and a certified yoga instructor, RYT. All levels are welcomed! Yoga mats are provided!

## Friday

### WISE Mind

3:00-4:00pm, Weeks 2-10  
with *Dr. Parissa Nili*  
@ CAPS Central Office,  
Galbraith 190



Emotional Mind + Logical Mind = WISE Mind. WISE mind is when both parts of the mind work together in harmony. Learn how to effectively tolerate everyday stressors, communicate effectively while maintaining self-respect and relationships, and improve your relationship with your emotions while living a life in accordance to your values.



Follow CAPS Wellness Peer Educators on Facebook & Instagram! @UCSDwpe

