



MAY is Mental Health Month!

<http://caps.ucsd.edu/may>



Events

Art & Soul: Self-Care Kits

Tuesday, May 2nd from 11:00 am – 12:00 pm @ The Zone in PC Plaza

Learn more about self-care and stress management resources with the **CAPS Wellness Peer Educators** and make your very own **mason jar self-care kit** (includes a nap mask, lavender aromatherapy pouches, stickers, snacks, ear plugs, and more)! Questions? Contact The Zone at zone@ucsd.edu.

iLead Workshop: Exploring Resiliency and Possibility Within

Friday, May 5th, 2017 from 2:30 pm – 4:00 pm @ Governance Chambers, 4th Level of Price Center East

This program is presented by **Katelin Rae, Greek Life Advisor, Center for Student Involvement**. Through this workshop participants will reflect on their own understanding of resiliency, engage in dialogue, and explore ways to practice resiliency, self-care and possibility.

iLead Workshop: Building Social Confidence

Monday, May 8th, 2017 from 2:30 pm – 4:00 pm @ Bear Room, 2nd Level of Price Center West

This program is presented by **Dr. Tiffany O'Meara from CAPS**. This workshop focuses on identifying fears related to social situations, reducing self-defeating coping patterns and strengthening effective social skills.

Chai Talks: Mental Health in South Asian communities

Tuesday, May 9th, 2017 from 12:00 pm - 1:30 pm @ Cross Cultural Center, Conference Room

The **Desi Community Forum (by Dr. Sukumaran from CAPS, CCC, Associated Students and SPACES)** is dedicating week 6 for May is Mental Health Month and API Heritage Month. Desi (South Asian and South Asian American) undergraduate, graduate & professional students are invited to discuss about mental health in South Asian communities (e.g. what does mental health mean to us?, stigma and perceptions of mental health etc). *Chai & food will be served, & we look forward to seeing you!*

iLead Workshop: Self-Care for Student Leaders

Friday, May 12th, 2017 from 11:00 am – 11:50 am @ Red Shoe Room, 2nd Level of Price Center West

This program is presented by **Melina M. Remesha, Coordinator of Student Activities, Revelle College**. This workshop will discuss the importance of self-care and how you can make time for YOU!





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Asian Pacific Islander (API) Mental Health Panel

Wednesday, May 17th, 2017 from 12:00 pm - 1:30 pm @ Cross Cultural Center

CAPS, The CCC, and SPACES are collaborating to highlight May is Mental Health Month and API Heritage Month. The Asian Pacific Islander (API) Mental Health Panel will offer a discussion about API mental health. This panel will consist of API mental health providers.

Assertiveness Training and Conflict Management

Wednesday, May 17th, 2017 from 3:00 pm - 4:00 pm @ Thurgood Marshall College Room, 2nd Level of Price Center West

This program is presented by **Dr. Shannon Franklin, from CAPS**. This workshop provides students with assertiveness skill training so that you can master difficult social situations. These skills can be applied to romantic quarrels, roommate disputes, and even professional relationships.

NEW Tritons Flourish Workshop: "Pave Your Way"

Tuesday, May 23rd, 2017, from 2:00 pm – 3:30 pm @ Price Center West, Thurgood Marshall Rm

This workshop addresses the stressors of upcoming life transitions (e.g., graduation, moving back home, planning your future, etc). Come learn about how to cope with stressors such as an uncertain future, get assistance with goal-setting, learn self-care strategies, and talk with your peers about how to adjust to these upcoming life changes. Brought to you by CAPS and Associated Students as part of the Tritons Flourish Initiative.

"Tritons Flourish @ UCSD: Belong. Be You. Be Well."

Wednesday, May 24th, 2017 from 10:00 am – 2:00 pm @ Library Walk

The **CAPS Wellness Peer Educators** are excited to be hosting this FREE large scale event for UCSD students! Come by Library Walk on Wednesday of Week 8 to learn what it takes to flourish as a UCSD student both personally and academically. Engage and learn about healthy practices while getting the chance to experience arts & crafts, massage, and other fun activities! Special guests include the Therapy Fluffies!

Creating an A-May-Zing You!

Thursday, May 25th and, Friday, May 26th, 2017, from 10:00 am – 2:00 pm @ Library Walk

For May is Mental Health Month, **Active Minds at UC San Diego** is collaborating with the **CAPS Wellness Peer Educators!** We hope to demonstrate the ease of accessing mental health resources and support on campus and provide insight on how to actively develop a more positive life. Visit us on Library Walk on Thursday and Friday of Week 8 to participate in activities designed to help you infuse your life with more gratitude, satisfaction, and meaning!





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Programs Specific to Graduate and Professional School Students

Graduate Students of Color with Drs. Elisa Maldonado and Niyatee Sukumaran

Mondays, 12:00 pm – 1:00 pm (Weeks 2-10) @Graduate Lounge by Mandeville Coffee Cart

This drop-in forum covers topics from a multicultural lens including managing stress, communication with your advisor(s), family responsibilities, dealing with imposter syndrome, current sociopolitical climate, experiences of discrimination, etc.

Kind Mind: Mindful Self-Compassion with Dr. Sochanvimean Vannavuth

Tuesdays, 12:00 pm – 1:00 pm (Weeks 5-8) @Graduate Lounge by Mandeville Coffee Cart

Mindfulness workshops for graduate and professional school students who would like to overcome fear of failure, strengthen relationships, increase well-being and inner peace, combat self-criticism and perfectionism, improve academic and career confidence, and nurture kindness instincts and authenticity and self-compassion practice so that you can increase your mental focus. Mindfulness and self-compassion could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity.

Questioning Career: Designing the Life You Want with Dr. Christina Lambert and team

Tuesdays, 2:30 pm - 4:00pm (May 9th -June 6th) @ Student Center: Dolores Huerta room

This unique, five-session workshop series has helped over 600 graduate students and postdoctoral scholars find answers to this and other similar questions as they work through the often difficult processes of clarifying career choices that correspond with their life priorities, personal values, transferable skills, specific interests and individual strengths

REGISTER TODAY at <https://qcg.spring2017.eventbrite.com> Space is limited

Registration fee: \$30. This fee covers a portion of the assessments provided, with the rest subsidized by grAdvantage with support from the Chancellor's Office.





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Daily Drop-In Workshops

ACT on LIFE: with Dr. Dianna Quach

Mondays, 3:00 pm – 4:00 pm (Weeks 2-10) @Pepper Canyon Hall 223

ACT on LIFE involves experiential exercises to move you towards ACCEPTANCE, OPENNESS, and FLEXIBLE THINKING. You will be provided tools and strategies to accept what is out of your control, and commit to actions that are in line with your values. The goal is not to take away painful experiences, but to find beauty with the ups and downs of life.

Keep Calm and Be Here Now with Dr. Ginger Villareal Armas

Tuesdays, 3:00 pm – 4:00 pm @Murray's Place, Student Health Services

Develop a consistent mindfulness and self-compassion practice so that you can increase your mental focus. Mindfulness and self-compassion could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity.

Destress with Biofeedback with Dr. Patrick Savaiano

Wednesdays 3:00 pm – 4:00 pm (Weeks 3-6) @The Zone

Get a free one-on-one biofeedback demonstration by Dr. Patrick Savaiano and a Wellness Peer Educator! 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 with Dr. Elise Curry

Wednesdays, 3:00 pm – 4:30 pm (Weeks 2-10) @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 16 years and attended professional training programs for mindfulness.

Flourish@UC San Diego with Dr. Sochanvimean Vannavuth

Thursdays, 3:00 pm – 4:00 pm (Weeks 2-10), @CAPS Central Office, 190 Galbraith Hall

Dr. Sochanvimean Vannavuth and a CAPS Wellness Peer Educator, will provide an introduction to relaxation and mindfulness, knowledge for increasing your understanding of flourishing via social connections and self-compassion, and guidance for how you could improve self-care.

Keep Calm and Be Here Now with Dr. Ginger Villareal Armas

Fridays, 3:00 pm – 4:00 pm (Weeks 1-10), @Murray's Place, Student Health Services

Develop a consistent mindfulness and self-compassion practice so that you can increase your mental focus. Mindfulness and self-compassion could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity.

