



MAY is Mental Health Month!

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



Events

iLead Workshop: Social Psychology: Making Groupwork Work

Tuesday, May 1st, 2018 from 11:00 am – 11:50 am @ Bear Room, 2nd Level of Price Center West

This workshop is designed to teach you the basics of group dynamics from a social psychology perspective. Learn about what situations can cause strife in a group and how to avoid them in order to create a more cohesive and cooperative group.

Presented by Arun Dhingra, C&L Student Assistant, Center for Student Involvement

Self-care & Compassion: Improve your Well-being

Tuesday, May 1st, 2018 from 4:00 pm- 5:00 pm @ Sixth College (Pepper Canyon Hall, 2nd Flr Main Conf. Rm)

The South Asian & Desi Forum is dedicating week 5 for May is Mental Health Month and API Heritage Month. Come learn about self-care strategies, self-compassion and to have a discussion about perceptions of mental health in South Asian culture.

Facilitated by Dr. Niyatee Sukumaran, Ph.D

Be Kind To Your Mind

Wednesday, May 2nd, 2018 From 2:00 pm – 3:00 pm @ Student Health Services # 554

Be proactive and talk about mental health and why it's important for academic success.

Presented by Dr. Roberto Luna, Psy.D

De-stress with Biofeedback

Every Wednesday (May 2, 9, 16, 23, 30), 2018 2:30 pm-3:30 pm @ The Zone

Come de-stress with the *CAPS Wellness Peer Educators*! Learn more about what makes you most stressed, how it affects your well-being, and how to keep your stress levels down! Workshops are all free.

iLead Workshop: How to Cultivate a Growth Mindset

Thursday, May 3rd, 2018 from 3:30 pm – 4:20 pm @ Green Table Room, 2nd Level of Price Center West

"It's not how good you are, it's how good you want to be." Come join this interactive and introspective workshop where we will re-evaluate our personal definitions of effort, failure, and success through the lens of a growth mindset.

Presented by Tiffany Wang, C&L Student Assistant, Center for Student Involvement

iLead Workshop: Interpersonal Effectiveness in Professional Relationships & Assertive Communication

Friday, May 4th, 2018 from 3:00 pm – 3:50 pm @ Revelle Conference Room C

Learn how to communicate effectively with your peers and colleagues! This includes how to openly accept critical feedback, communicate to get your point across and while maintaining self-respect, manage interpersonal vulnerability, and maintain a healthy work-life balance.

Presented by Dr. Parissa Nili, Postdoctoral Resident, Counseling and Psychological Services





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Things Left Unsaid: A Mental Health Panel on Queer Asian American Communities

Tuesday, May 8th, 2018 from 11:30 am– 1:30 pm @ Cross Cultural Center Art Space

Join us for a conversation about the intersections of racial/ethnic, sexual and gender identities and the role they have on mental health and well-being. Light refreshments provided. For questions or to request specific accommodations, contact Windi at wsasaki@ucsd.edu.

Breakfast at The Zone

Wednesday, May 9th, 2018 10:00 am – 11:00 am @ The Zone

Take the College Sleep Questionnaire to learn about your sleeping habits and get tips from the Student Health Advocates on how to get improved sleep. Free breakfast provided.

PostSecret Project

Thursday, May 10th, 2018 from 7:00 pm-9:00 pm @ Price Center West Ballroom

Active Minds and the San Diego Museum of Man have collaborated to bring Frank Warren, the founder of PostSecret, to present at UC San Diego on May 10th from 7:00 pm – 9:00 pm. He will be presenting the "inspiration and history of the PostSecret Project," while inviting attendees onto the stage to share their own secrets.

Pinwheel Project

Thursday, May 10th and Friday May 11th from 9:00 am-3:00 pm @ Library Walk

Active Minds will be bringing back the Pinwheel Project: a display of 1,100 colorful pinwheels to represent the number of college students lost to suicide each year. We hope to use this display to break down the stigma surrounding conversations about suicide and mental health in a positive and interactive way by giving students the opportunity to make a pinwheel to add to the display while providing relevant resources.

“Real World: Transitioning from College To...”

Monday, May 14th, 2018 from 5:00 pm - 5:30 pm CAPS Presentation + Alumni Panel and Mingling (5:30 pm - 6:30 pm) @ Faculty Club

This workshop addresses the stressors of upcoming life transitions for graduating seniors such as graduation, post-graduation plans related to graduate school or new jobs, and imposter syndrome. Learn about self-care strategies to help adjust to these upcoming life changes. Brought to you by CAPS and the Tritons Flourish Initiative. This presentation will be followed by a panel with several recent UCSD alumni who will answer the question of “what are you doing after graduation” and share stories of their transition from UCSD.

Workshop presenters: Dr. Niyatee Sukumaran and Dr. Leah Tappero





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Art & Soul: Color Your Stress Away

Tuesday, May 15th, 2018 11:00 am-12:00 pm @ The Zone

Come de-stress with some mindful coloring. Workshops are free; all supplies and materials provided.

ZZZ's = Degrees Workshop

Wednesday, May 16th, 2018 6:00 pm-8:00 pm @ The Zone

Get helpful tips on getting a good night's sleep. Hosted by Student Health Advocates.

iLead Workshop: How Far We'll Go: Navigating Healthy Relationships

Tuesday, May 22nd, 2018 from 4:00 pm – 4:50 pm @ Bear Room, 2nd Level of Price Center West

Relationships can be difficult to navigate, especially when individuals are bringing along their different cultures, values, and experiences. Discussion includes qualities of a healthy relationship, signs of an unhealthy or abusive relationship, and working with campus resources.

Presented by Mai Eguchi, Intake & Program Coordinator, CARE at SARC; and Lana Talampas, Training & Education Specialist, CARE at SARC

Meet Your CAPS Postdoctoral Residents!

Friday, May 25th, 2018 from 11:30 pm-1:30 pm @ Revelle Conference Room C

Interested in a career in psychology? Meet and greet your CAPS Postdoctoral Residents! Find out about our career journeys. Learn about applications to graduate programs, clinical training (practice, internship, residency), and jobs in clinical and counseling psychology.

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

Tuesday, May 29th, 2018 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!

iLead Workshop: Building Social Confidence – DOUBLE STAMP

Thursday, May 31st, 2018 from TBD @ Bear Room, 2nd Level of Price Center West

Do you get anxious speaking up in class, asking someone out on a date, or talking in a group of your peers? Would you like to build your social confidence and improve the quality of your social interactions? This workshop focuses on identifying fears related to social situations, reducing self-defeating coping patterns and strengthening effective social skills. Full attendance at this workshop will grant you 2 stamps.

Presented by Tiffany O'Meara, Ph.D. and Sheva Assar, Psy.D., Counseling and Psychological Services





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Programs Specific to Graduate and Professional School Students

De-stress with Biofeedback for Graduate and Professional School Students

Wednesdays 3:30-4:30pm (May 9th, 16th, 23rd) with Dr. Pooja Amatya and Dr. Niyatee Sukumaran @ GSA Lounge, Original Student Center (near Art of Espresso)

Drop-in for one-on-one assessment with a CAPS clinician. Measure physiological markers due to your stressors, and learn more about how to better manage your stress by obtaining feedback about improvement in physiological markers as you participate in a relaxation experience.

Graduate Students of Color Forum

Tuesdays, 1:00pm - 2 pm (Weeks 2-10) with Dr. Niyatee Sukumaran @ GSA Lounge, Original Student Center (near Art of Espresso)

Description: Join us to connect and discuss about various topics from a multicultural lens, which includes managing stress and improving well-being, communication with your advisor(s), dealing with imposter syndrome, family responsibilities, relationships (romantic or social), current sociopolitical climate, experiences of discrimination, etc.

Managing Professional Relationships as a Graduate or Professional School Student

Thursday, May 24th, 2-3pm with Dr. Christina Lambert @ GSA Lounge, Original Student Center (near Art of Espresso)

Learn and share tips for: choosing an advisor; strengthening mentor relationships; improving workplace dynamics; coping with peer competition; navigating department politics, asking for what you want; and saying "no" with diplomacy.

Mindfulness for Graduate and Professional School Students

Friday, May 18th, 12-1pm with Dr. Elise Curry and Dr. Pooja Amatya @ GSA Lounge, Original Student Center (near Art of Espresso)

Keep Calm and Stay Focused: Learn how to use Mindfulness Techniques to Reduce Stress and Improve Concentration.

On Track: Graduate Student & Professional School Student Support Forum

Thursdays, 1:00 pm-2 pm (Weeks 2-10) with Dr. Christina Lambert @ GSA Lounge, Original Student Center (near Art of Espresso)

Description: "On Track" is a supportive drop-in space for graduate and professional school students seeking strategies and support toward academic/professional goals. Common themes include: time management, focus, prioritization, organization, mindfulness, flow, and optimizing performance.

Resilience: Graduate Student & Professional School Student Support Forum

Wednesdays, 1:00 pm-2:00 pm (Weeks 2-10) with Dr. Christina Lambert @ GSA Lounge, Original Student Center (near Art of Espresso)

"Resilience" is a supportive drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing. Common themes include: stress management, recovering from set-backs, work/life balance, and navigating interpersonal challenges.



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Daily Drop-In Workshops

Peace of Mind

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

Flourish @ UC San Diego

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

Train Your Brain: De-Stress with Biofeedback

Wednesdays, 2:30-3:30pm, Weeks 2-10 with the CAPS Wellness Peer Educators, Supervised by Dr. Patrick Savaiano @ The Zone, Price Center

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.

Mindfulness for Daily Living

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

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.

Move Your Body, Tone Your Mood

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

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!

WISE Mind

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





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iFlourish Technology Offerings

iFLOURISH represents UC San Diego CAPS' commitment to innovative, **self-guided technology programs** that provide mental health at your fingertips. As part of the Tritons Flourish Initiative, CAPS is offering several online-based programs for mental health that provide evidence-based intervention and interactive help at all times.

All tools are FREE, anonymous, and only available to UC San Diego students. You don't have to be a CAPS client to signup.

Go to <https://caps.ucsd.edu/iflourish> to sign up! Please be sure to use your UC San Diego email address to get access.

All programs are anonymous, and **CAPS does not track your usage**. All are desktop, mobile, or tablet-friendly! Each tool provides a little something different, so you can signup for all of them for comprehensive wellbeing.

WellTrack

WellTrack provides confidential self-guided tools and resources to help manage stress, anxiety and depression. MoodCheck, WellTrack's companion mobile app (Android and Apple), is a mindfulness daily mood tracker, which will ask you to record how you are feeling a couple times a day. It will track your moods and activities over time showing you the trends between low and high moods, a critical component to improving overall mental wellness. WellTrack is great way to integrate mental health into your busy daily life without hassle. Consider it a "FitBit" for mental health.

MindWellU (MWU)

MindWellU delivers evidence-based, multilingual mindfulness e-training that has been shown to lower stress, increase resilience, and improve performance. MWU allows you to take a 30-day Mindfulness Challenge in which you are prompted to take 5-10 minutes per day to engage in a different Mindfulness exercise. You can even invite a buddy of your choice to do the challenge with you! This is a great way to start a mindfulness practice in a manageable way from your smartphone, and without a big-time commitment.

TAO (Therapist Assisted Online)

If you are seeking more comprehensive and dedicated intervention, TAO is a highly interactive, web-based program that provides assistance to help overcome anxiety, depression, relationships/communication, and other issues. This program provides detailed evidence-based intervention and interactive exercises/tools to directly address your mental health challenges. Learn more with a video introduction @ <https://vimeo.com/249680537>.

